

# **FAR WEST SKIING ALPINE COMPETITION MANUAL 2009/2010**

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# Contents

<b>FAR WEST SKIING.....</b>	<b>1</b>
MISSION STATEMENT .....	1
ADMINISTRATION.....	1
<b>USSA ALPINE PROGRAM .....</b>	<b>2</b>
COMPETITOR CLASSIFICATION.....	2
<i>Junior Racing</i> .....	2
<i>Collegiate Racing</i> .....	2
MEMBERSHIP .....	2
USSA AND FWS MEMBERSHIP REQUIREMENTS AND FEES.....	2
<i>Foreign/Lifetime/Family Membership</i> .....	3
<i>FIS Registration</i> .....	4
<b>USSA/FAR WEST COMPETITIONS .....</b>	<b>4</b>
FAR WEST RACE PROGRAMS.....	4
<i>J4/5 Racing</i> .....	4
<i>J3 Racing</i> .....	6
<i>Middle, J1 and J2 Racing</i> .....	6
USSA/FAR WEST RACE SERIES.....	6
<i>Grand Prix Series (Divisional FIS &amp; Far West Finals)</i> .....	7
<i>Divisional FIS Racing</i> .....	7
<i>Far West Finals</i> .....	7
<i>Open Series</i> .....	7
<i>Wild West Series</i> .....	7
<i>J4/J5 North, Central, and South Series—Based on 1/4th of field</i> .....	7
<i>Far West J4/5 Championships</i> .....	8
<b>WESTERN REGION FIS SERIES.....</b>	<b>8</b>
<i>Entry</i> .....	8
WESTERN REGION ELITE FIS SERIES.....	8
<i>January WR Elite Tech Series #1, Park City/Snowbird, Utah – January 7-10, 2010</i> .....	9
<i>February WR Elite Tech Series #2, Snow King, Wyoming – February 4-7, 2010</i> .....	9
<i>WR Elite Spring Series, Mission Ridge, WA – April 9 – 14, 2010</i> .....	9
<i>WR Elite DH's, Mt. Bachelor, OR – April 15-18, 2009</i> .....	10
WESTERN REGION FIS SERIES .....	10
<i>WR FIS Open, Mammoth Mountain– December 15-18, 2009</i> .....	10
<i>WR FIS Speed Series, J2 National Qualifier, Mammoth Mtn., Ca – Jan 26 – 31, 2010</i> .....	10
<i>WR FIS Sierra Crest Cup, Northstar/Sugar Bowl, Ca – March 20-23, 2010</i> .....	11
<i>WR FIS Open, Mt Hood Meadows - April 8-11, 2010</i> .....	11
DIVISIONAL OPEN FIS .....	11
<i>FIS WR Open/Far West 2SL, Sugar Bowl, CA – January 2-3, 2010</i> .....	11
<i>FIS WR Open/Far West SG, Mammoth, CA – January 23-24, 2010</i> .....	12
<i>FIS WR Open/Far West GS, Northstar/Squaw Valley, CA – February 22-23, 2010</i> .....	12
WESTERN REGION CHAMPIONSHIPS.....	13
<i>Western Region Junior Championships (FIS) 2 SL, 2GS, 2 SG, Schweitzer, Idaho– March 5-10, 2010</i> .....	13
<i>USSA J3 Junior Olympics, Mt. Bachelor, OR - March 18-21, 2010</i> .....	14
FAR WEST PAYMENT AND REFUND POLICY .....	14
WESTERN REGION INTENT TO COMPETE FORM.....	15
U.S. ALPINE CHAMPIONSHIPS.....	15
NOR AM CUP .....	15
OTHER FIS RACES.....	15
<b>RULES GOVERNING FAR WEST COMPETITIONS .....</b>	<b>16</b>
RACE ORGANIZATION.....	16

RACE SCHEDULING .....	16
<i>Chronological Steps of the Bid Process</i> .....	16
<i>Race Announcements</i> .....	17
<i>Entry and Entry Fees</i> .....	17
<i>Head Tax</i> .....	18
<i>Entry Deadlines</i> .....	18
<i>Entry Refunds</i> .....	18
<i>Seeding System for Scored Races</i> .....	18
<i>Team Captains/ Seed Meeting – Racer Representation</i> .....	18
<i>Race Results</i> .....	18
<i>Out-Of-Division Racers in USSA/Far West Events</i> .....	19
<i>Foreign Athlete Selection Procedures and Far West Registration Regulations</i> .....	19
<i>Coaches Credentials</i> .....	19
<b>RULES OF ALPINE COMPETITION .....</b>	<b>20</b>
<b>RULES GOVERNING FAR WEST COMPETITORS .....</b>	<b>21</b>
FAR WEST SELECTION METHODS.....	21
<i>World Cup Point System (WCP)</i> .....	21
<i>Old World Cup Point System</i> .....	21
<i>Regional Selection Board Method (RSBM)</i> .....	21
<i>International Team Selection (ITS)</i> .....	22
WESTERN REGION AUTOMATICS.....	22
<i>Discretionary Selection to FIS and Championship Teams</i> .....	23
<i>Development Selection to FIS and Championship Teams</i> .....	23
<i>Selection Committees</i> .....	23
ENTRY TO OUT-OF-DIVISION USSA RACES .....	23
CODE OF CONDUCT.....	23
<i>Far West Policy Concerning Conduct</i> .....	24
FAR WEST SKIING POLICY CONCERNING ILLEGAL DRUGS, ALCOHOL AND TOBACCO .....	24
<i>Disciplinary Action</i> .....	24
FAR WEST TRAVELING TEAM RULES.....	25
RACER RESPONSIBILITY CODE .....	26
YOUR RESPONSIBILITY CODE.....	26
<b>OTHER FAR WEST PROGRAMS .....</b>	<b>27</b>
FAR WEST SKI COACHES.....	27
<i>Far West Traveling Team Coaching Staff</i> .....	27
<i>Selection to Far West Traveling Team Coaching Staff</i> .....	27
<i>Coaching Staff Responsibilities While on a Far West Traveling Team Trip</i> .....	27
FAR WEST ALPINE OFFICIALS.....	28
FAR WEST SKI TEAM.....	29
FAR WEST DEVELOPMENT SKI TEAM .....	30
FAR WEST EMERITUS SKI TEAM.....	30
FAR WEST HONORARY SKI TEAM.....	30
FAR WEST ACADEMIC TEAM.....	30
FAR WEST SPECIAL AWARDS.....	30
FAR WEST MASTERS DEVELOPMENT SCHOLARSHIP .....	30

## **APPENDIX**

ABBREVIATIONS

WHO TO CONTACT FOR WHAT

FAR WEST SKIING BOARD OF DIRECTORS – 2009/2010

FAR WEST SKIING ALPINE COMPETITION COMMITTEE – 2009/2010

FAR WEST RACE ORGANIZERS - 2009/2010

SKI TEAMS/CLUBS/PROGRAMS - 2009/2010

FW SPECIAL AWARDS/FW SKI TEAM/ DEVELOPMENT/ EMERITUS/HONORARY/ DEVELOPMENT TEAMS/ ACADEMIC

FAR WEST ALPINE RACE SCHEDULE 2009/2010

WESTERN REGION FIS RACE SCHEDULE 2009/2010

FAR WEST SKI TEAM CONTRACT 2009/2010

THE GOLDEN RULE



***FAR WEST DIVISION***

# FAR WEST SKIING

## Mission Statement

The Mission of Far West Skiing is to:

1. Promote participation and enthusiasm in alpine competition in the Far West from entry level, club level and elite level to retain competitors and support skiing as a lifelong sport
2. Provide financial support to athletes, coaches and development projects
3. Maintain a structure that will support the needs of Far West clubs, athletes, coaches and general membership
4. Promote the skiing development of young athletes from all clubs in the Far West with the objective of winning races at all levels

## Administration

The Far West Skiing Board of Directors is responsible for conducting and overseeing the business of Far West Skiing. The administration of alpine competition in the Far West is the responsibility of the Far West Skiing Alpine Competition Committee (FWS ACC), a committee of and responsible to the Far West Skiing Board of Directors (FWS BOD). Various subcommittees of the FWS ACC, each headed by a chairperson, actively oversee the different competition areas. The subcommittees work out proposals and policies, which are discussed and fine-tuned by the FWS ACC for presentation to the FWS BOD.

The FWS ACC and BOD meet at least three times a year, in the spring, summer and in the fall. Each year the FWS ACC will evaluate the *Far West Skiing Alpine Competition Manual* and propose changes for the following season. Once approved by the FWS BOD and USSA ACC, the *Far West Skiing Alpine Competition Manual* and its rules will take effect in the fall; no changes to the manual or the rules contained in it will occur during the competition season.

Programs in the Far West are designed and implemented by an active volunteer organization of dedicated and knowledgeable people. Further, the Far West has input to regional and national programs and policies through representatives on the USSA Board of Directors, the USSA Alpine Sport Committee and its various subcommittees.

FWS maintains a seasonal office to support the needs of Far West competitors, coaches, officials, volunteers and clubs. The FWS office coordinates Far West issues, such as: dissemination of information to clubs and programs regarding race schedules, racer qualification, selection to traveling teams, coaches' and officials' clinics; support of FWS ACC and BOD; FW traveling team arrangements; Far West Ski Team, etc.

For a detailed list of the responsibilities of the FWS office and the USSA/Western Region (USSA/WR) office, refer to the *Appendix* in this manual.

*NOTE:* Unless otherwise specified, the rules contained in this competition manual apply to all participants of amateur alpine competitions in the Far West conducted for MID-J5 age class athletes. MID-J5 racers will be referred to as “juniors” for the purpose of this document. Rules contained in this manual supersede all other published materials, including previous editions of this manual and the Far West section of the current *USSA Alpine Competition Guide*.

# USSA ALPINE PROGRAM

## Competitor Classification

### Junior Racing

Age Classification is based on your age as of December 31, 2009.

MID	20 and older (born 1989 and earlier) **	J3	13, 14 (born 1995-96)
J1	17, 18, 19 (born 1990-92)	J4	11, 12 (born 1997-98)
J2	15, 16 (born 1993-94)	J5	10 and younger (born 1999 and later)

### Collegiate Racing

FWS supports racing at the collegiate level. For information, contact the FWS office, the USSA/WR office, the USSA/Alpine (USSA/Alp) office, the FWS ACC Collegiate Rep or your local college.

### Membership

All Far West competitors, coaches and officials involved in USSA junior racing must be members in good standing of FWS, and members of USSA, in order to participate in any USSA or FIS races.

FWS members will receive ONE consolidated bill from USSA for USSA and FWS dues. Members will receive a digital USSA card, indicating USSA and FWS membership status.

Be aware that USSA and FWS each charge a late penalty for memberships not received by October 15; this does NOT apply to new members. Memberships will not be processed until complete, including all paperwork and fees (including penalties where applicable).

Mid-J3 athletes who have not completed membership requirements by the deadline will not appear on the November USSA points list and, consequently, will be seeded 990.00 in all USSA races until the December list. Points cannot be reinstated or confirmed in between lists; this rule has always applied to FIS and has been adopted by USSA. Additionally, there will be NO retroactive posting of results acquired between lists and NO recalculation of race penalties with updated points for top athletes in a competition.

Athletes must be able to present their current USSA card, indicating appropriate age class and membership status, to race organizers in order to compete in any USSA race.

### USSA and FWS Membership Requirements and Fees

**\*\*\*Late fees apply to both USSA and Far West Memberships starting on October 15<sup>th</sup> on all renewals. New members will not be assessed late fee penalties\*\*\***

#### J4/5 Competitors:

Access to entry-level/non-scored competitions for athletes ages 12 and younger. This is the only membership available to this age group as USSA does not allow scoring of athletes 12 and under.

All Far West J4/5 competitors are required to have:	<b>Before Oct. 15/after Oct. 15</b>
1. USSA Alpine Youth Competitor membership	\$70/\$95
2. Far West Skiing membership	\$35/\$60

#### MID-J3 Competitors

All Far West Mid through J3 competitors must have:	<b>*Competitor</b>	<b>**Non-Scored Student</b>
	<b>Before Oct. 15/after Oct. 15</b>	<b>Before Oct. 15/after Oct. 15</b>
1. USSA Alpine competitor membership	\$140/\$165	\$90/\$115
2. Far West Skiing membership	\$50/\$75	\$35/\$60

\*Access to all levels of competition within the USSA Alpine Ski Racing "development pipeline," including eligibility to qualify for national and regional events where qualifying is required. Membership includes access to the USSA Alpine Points List.

\*\*Designed for students 13 and older, primarily for interscholastic and intercollegiate racing only. *NOTE: does NOT include participation in USSA Alpine Points List or retroactive points posting.*

## Membership Continued

### Officials

Includes access to clinics, certification programs and educational materials supporting event officiating.

All officials in the Far West are required to have:

**Before Oct. 15/after Oct. 15**

- |  |  |
|--|--|
| 1. USSA Alpine Official membership                             | \$60/no late fee if this is the only membership held |
| 2. Far West Skiing membership (if officiating at junior races) | \$35/\$60  |

### Alpine Coach

- Alpine Coach includes both USSA Alpine Officials membership and USSA Alpine Coaches membership. This includes access to U.S. Ski Coaches Association (USSCA) coaching clinics, certification programs and educational materials for both coaching and officiating at events. *NOTE: Required for access to coaching credentials (including lift tickets) at all USSA competitions. Issuance of credentials to appropriate working coaches is the responsibility of the event.* USSA Alpine Coach membership

**Before Oct. 15/after Oct. 15**

- |                               |             |
|-------------------------------|-------------|
|                               | \$135/\$160 |
| 2. Far West Skiing membership | \$35/\$60   |

### Race Organizers

All race organizers in the Far West are required to have:

- |   |       |
|---|-------|
| 1. USSA Alpine Club membership-paid to USSA         | \$150 |
| 2. Far West Skiing Club membership-paid to Far West | \$75  |

### Far West Ski Teams/Clubs/Programs

All Ski Teams/Clubs/Programs in the Far West are required to have:

- |  |       |
|--|-------|
| 1. USSA Alpine Club membership-paid to USSA  | \$150 |
| 2. Far West Skiing Club membership-paid to Far West  | \$75  |
| 3. Mandatory credit card - <i>By November 1 of each year, every team competing in the division must submit a valid credit card number to be placed on file at the FW office. This card will be given to each race organizer and will be used as the "deposit card" for each race during the year. After the completion of the race, organizers will attempt to collect unpaid entries and collect bibs for a ten day period. If they are unsuccessful, then they can charge the card for the appropriate amount. An accounting of the charges must be forwarded to the appropriate team administrator.</i> |       |

### Foreign/Lifetime/Family Membership

- |                      |           |
|----------------------|-----------|
| 1. Foreign Athletes: | \$35/\$60 |
|----------------------|-----------|

Far West dues are payable to the Far West office, not the USSA office. Refer to Foreign Athlete Selection Procedures and Far West Registration Regulations

- |           |            |
|-----------|------------|
| 2. Family | \$75/\$150 |
|-----------|------------|

If a volunteer is not a member of Far West Skiing, they must complete the non-member USSA worker form.

USSA's insurer requires that an original signature "Waiver and Release of Liability" be on file for each competitor, coach, official and volunteer. Details on fulfillment packages and benefits are listed on the USSA membership forms. For forms or to have your questions answered, contact:

USSA Membership Department  
PO Box 100, 1 Victory Lane  
Park City, UT 84060  
Fax: (435) 649-2052  
Member service hotline: (435) 647-2666  
E-mail: [membership@ussa.org](mailto:membership@ussa.org)  
Internet site: [www.ussa.org](http://www.ussa.org)

## FIS Registration

Entry into FIS races is by selection only. Athletes selected and intending to compete must be age-eligible USSA, FIS and FWS members in good standing.

Any competitor 15 years and older, as of December 31, is eligible to apply to race FIS, which allows an athlete to participate, if selected, in FIS races in the U.S. and Canada. The form, entitled "Athletes Declaration for an International (FIS) License (CAN/USA)," must be completed annually and the original submitted to the USSA member services prior to racing in FIS events. This can be done through online registration at the same time as completing USSA and Far West Memberships.

FIS registration means the competitor will appear on the FIS list for the season. While all athletes competing in FIS races must be FIS members, many do not have to be registered with FIS.

The following athletes must be members of FWS, USSA and FIS, and FIS-registered:

- Competitors who compete on a regional, national or international level on a regular basis
- Athletes who will be Mids or J1s in the following season and wish to be included on the selection board for Western Region Automatics
- Western Region Automatics

Application for FIS registration is made annually through the USSA office on the "FIS Racer Registration for FIS Points List" form. The registration fee is \$80 if received before June 1 to appear on the July 2009 to May 2010 lists; **\$80 if received by August 15** to appear on the November 2009 to May 2010 lists; **\$150 after August 15**. Checks should be made out to USSA.

International FIS memberships are issued by USSA for verification of memberships according to FIS ICR 208. International memberships are required for entry, but do not guarantee entry, into FIS races outside of the United States and Canada; this rule does not apply to members of the U.S. Ski Team (USST) and USST/USSA Development Program groups who are entered in FIS races by the USST or USSA directly. U.S. racers who are not appropriately members/registered but enter, or attempt to enter, events under conditions where USSA requires such memberships may be subject to disciplinary sanction including revocation of USSA membership, forfeiture of results, etc.

Age-eligible athletes hoping to compete in FIS races in the southern hemisphere in our summer must submit to the USSA/Alpine office in Park City a completed multi-page form, available from USSA, along with personal itinerary, thirty (30) days prior to competition. A fee may be applied. Submission of an application does not guarantee issuance of a membership.

More information can be found in the current *USSA Alpine Competition Guide* under "Competitions outside of the U.S." For International Membership Guidelines and application forms, contact the USSA/Alpine office in Park City.

## USSA/FAR WEST COMPETITIONS

### Far West Race Programs

FWS race programs and race series allow skiers of all ages an opportunity to compete. The ladder of ski racing is designed so that beginning, novice racers can easily get involved with the sport, and the experienced, elite racers can advance on to national and international competitions. For a complete list of races and race dates, see the FWS Alpine Race Schedule in the *Appendix*, or Internet site [www.fwsking.us](http://www.fwsking.us).

### J4/5 Racing

The J4/5 program is for racers ages twelve and under. Eleven and twelve year old athletes race as J4s; those 10 and under compete as J5s. J4/5 races in the Far West are non-scored USSA-sanctioned events.

J4s and J5s compete in the same races. The J4s and J5s are maintained as separate fields with their own start lists and are run separately. The starting order is determined by one random draw per weekend, which is reversed for the second day and again for the second run in GS and SL races. All competitors are allowed to start the second run in their starting spot, including those who did not finish (DNF) or were disqualified (DSQ) in the first run. Awards will be given for each age class and gender. It is required to use Hero gates for all J5 Slalom events.

## **J4/5 Racing Contd....**

In order to minimize travel, the program is divided into three geographic areas within the Far West: North (Tahoe, Mammoth, Shasta, Northern Nevada); Central (western slope of the Sierra); and South (Southern California, Southern Nevada). Each of the three geographic areas runs a season-long series. The North, Central and South series consists of three slaloms (SL), three giant slaloms (GS) and two Super-G's (SG) for J4 athletes; and three slaloms (SL), three giant slaloms (GS) and two giant slaloms (with minimum gates and maximum length) for J5 athletes. Any variations in the schedule will need to be approved by the Far West ACC. In addition, there are three races (SL, GS, SG for J4s; SL, GS, one run GS or two run GS for J5s) at the divisional championships. There are also non-series races for J4/5 athletes. J4 Super-G racing: A training run on the actual racecourse must be provided to all competitors. Training runs may be run in team order. Any J4/5 Kombi race will require a training run per course.

The philosophy behind the scheduling of J4/5 races is to encourage racing in each athlete's own geographical series by scheduling the same events in each geographical area on the same weekend. Series races are scheduled to allow time for skill development, using GS as the base event.

### **Far West J4/5 Championships**

Athletes from all three geographic areas will meet at the end of the ski-racing season for the Far West J4/5 Championships, consisting of one (1) SL, one (1) GS and one (1) SG for J4s; one (1) SL, one (1) GS and one (1) two run GS/Big G. for J5s. A fourth special event, such as a dual slalom or Kombi, may also be held but will not count towards the season overall standings.

The Championships are open only to current age-eligible members of FWS and USSA. Competitors from out-of-division are not allowed to participate in these races.

### **J4/5 Camp**

The camp goal is to bring together J4/J5 athletes from the Far West Division and give them the opportunity to improve their skiing skills and to introduce our athletes and coaches to each other and foster a healthy Far West environment. Athletes will have to be current members of USSA and Far West Skiing for the 2009/2010 season. Location will change from year to year.

### **J4/5 Awards**

For the individual overall season awards, J4/5 series races will be scored by age class using current "Old World Cup Points." A racer may win a series award in only one geographic area (North, Central or South). The results from the championships shall be scored separately. The best results from the scheduled series races (regardless of discipline) are used to calculate the series awards. A tie is broken by a racer's best GS score(s), until the tie is broken. If conditions force the cancellation of a series race, the FWS ACC J4/5 subcommittee determines and publicizes any necessary changes in scoring.

### **Maury Rasmussen Team Series Award**

The Maury Rasmussen Team Series Award (a perpetual trophy) goes to the top team in each of the three geographic areas within Far West. There is no maximum number of competitors per team. For scoring, the top fifteen (15) J4 finishers and top fifteen (15) J5 finishers of the respective geographic area will count. The top three (3) boys and the top three (3) girls from any one team will be scored per race. All series races held will be scored. Scoring will be by "Old World Cup Points." This series is named after Maury Rasmussen, the developer of Bear Valley/Mt. Reba and a strong supporter of Far West junior racing.

### **Allan Cup**

Brendan Allan was a talented athlete who skied all of his life. This cup was named in memory of his love for the sport and achievements in his racing career. The Allan Cup is given to the best J4 boy and girl finishing the SL, GS and SG races at the Far West J4/5 Championships, using "Old World Cup Points". Ties are broken by adding the times from all three races, with the best combined time winning.

### **Richmond Cup**

Bryan Richmond was a talented athlete who skied all of his life. This cup was named in memory of his love for the sport and achievements in his racing career. The Richmond Cup is given to the best J5 boy and girl finishing the SL, GS and one-run GS or two-run GS races at the Far West J4/5 Championships, using "Old World Cup Points." Ties are broken by adding the times from all three races, with the best combined time winning.

### **Jeff Todd Sportsmanship Award**

Jeff Todd was a long time coach with the Mammoth Mountain Ski Team and has a long history of supporting, coaching and organizing events for the Far West J4/5 group. The Jeff Todd "Sportsmanship Award" is an award to be given to the athlete who displays a love for skiing, competition and his/her fellow competitors. This athlete may have had to overcome some special physical or emotional adversity while competing at the J4/J5 Championships. The J4/J5 ACC Age Class Chair will take nominations from coaches prior to the awards banquet and, with the help of the race officials; select the winner of the award. The award will be presented during the annual Dinner and Dance awards banquet at the Championships.

## **Far West J4/5 Development Team**

The J4/5 Development Team recognizes athletes who have excelled in their specific age groups. Four (4) J4 boys and four (4) J4 girls, as well as four (4) J5 boys and four (4) J5 girls, will be selected by the total of “Old World Cup Points” from the Far West J4/5 Championships (SL, GS, SG).

## **J3 Racing**

The J3 program is for racers ages thirteen and fourteen. All Far West J3 athletes may compete in the WILD WEST SERIES (qualifiers for the Junior 3 Olympics (J3 JOs) and the OPEN SERIES.

WILD WEST SERIES: This J3-only series includes three (3) SL, three (3) GS and three (3) SG J3 JO qualifying races open to all Far West J3 athletes. When possible, there will be additional events in this series. All racers may participate in the second run of SL and GS events in J3-only competitions. Racers who did not finish or were disqualified in the first run are allowed a second “fun” run; their times will be posted on the unofficial posting board in the finish area but WILL NOT appear on the results. First-run DSQ and DNF racers will take their second “fun” run after all qualified racers and reruns have been completed; run order will be in reverse order of their first-run start.

FAR WEST FINALS: SL, GS, DH and SG races are open to all J3s.

## **Far West J3 Development Team**

The J3 Development Team recognizes athletes who have excelled in their specific age group. The team consists of the top four (4) girls and the top four (4) boys from the Junior Olympic qualifying list. A J3 competitor who is selected to the current-season Far West Ski Team is automatically a member of the Development Team and does not count against the quota. Any J3 athlete that is invited to and participated in National Team or USSA Development Program projects or race events is an automatic to the J3 Development Team. The J3 Development Team is listed in the *Appendix*.

## **Bobby Mehrhof Award**

The Bobby Mehrhof Award is to be given to the J3 Boy and Girl who values friendships and displays a love for the sport. The Far West J3 Chairman will take nominations for the Bobby Mehrhof Award. The J3 committee will recommend the recipients to the Far West ACC for approval for naming.

## **Middle, J1 and J2 Racing**

Middle (also called “Mid” or “A”) racers are aged 20 and older; J1s are 17, 18 and 19 years old; J2s are 15 and 16 years old. There are four levels of competition in the Far West for these age groups.

The GRAND PRIX is the elite series in the Far West for all J1’s and J2’s. Participants to Western Region Elite, Open FIS and WRJR Champs events are partially selected from these races.

The FAR WEST CHAMPIONSHIPS and OPEN SERIES are open to all racers in these age groups.

Overall champions from the Grand Prix Series will be awarded the following:

Overall champion – Mid/J1 Men/Women; J2 Men/Women:	\$300 scholarship
2 <sup>nd</sup> place – Mid/J1 Men/Women; J2 Men/Women	\$150scholarship
3 <sup>rd</sup> place – Mid/J1 Men/Women; J2 Men/Women	\$100 scholarship

These scholarships will be available for use the following season towards racing expenses.

The calculations are done using total, cumulative World Cup Points (WCP) earned in every race of the Grand Prix Series. The series includes the Far West Divisional FIS (SL, GS and SG) and all four disciplines in the mid-J3 Far West Finals.

The places are determined by adding up the total World Cup Points earned during ALL the races listed above. Each race is scored by separating the field by gender into mid-J1 and J2 classes. Foreign, out of division and J3 participants in each race are removed and results are sorted by class prior to assigning WCP’s for each race.

## **USSA/Far West Race Series**

Following are specifics of all USSA/Far West race series. All racers must be members in good standing of FWS and USSA and qualified as noted below:

### **Grand Prix Series ( Divisional FIS & Far West Finals)**

Events: Slalom, Giant Slalom, Super-G, Downhill

Awards: Cumulative season Mid-J1/J2, Men/Women scholarships for following season (see Middle, J1 and J2 Racing section)

### **Divisional FIS Racing**

Events: Slalom, Giant Slalom, Super-G

Who can race: All FIS registered Mid-J2 athletes

Qualifier for: Western Region Junior Championships (FIS)

Awards: Trophies 1<sup>st</sup> – 5<sup>th</sup>, Mid-J1, J2, Men/Women, each race (Race Organizer)

### **Far West Finals**

Events: Slalom, Giant Slalom, Super-G, Downhill

Who can race: All Mid-J3 athletes

Awards: Trophies 1<sup>st</sup> – 5<sup>th</sup>, Mid-J1, J2, J3 Men/Women, each race (Race Organizer)  
Hard charger medals – J3 one (1) per gender per race SL, GS & SG only (Far West Provided)

### **Open Series**

Events: Slalom, Giant Slalom, Super-G

Who can race: All Mid, J1, J2 and J3 athletes

Awards: Trophies 1<sup>st</sup> – 5<sup>th</sup>, Mid-J1, J2, J3, Men/Women, each race (Race Organizer)

### **Wild West Series**

Events: Slalom, Giant Slalom, Super-G

Who can race: J3 athletes only

Qualifier for: USSA Junior 3 Olympics

Awards: Trophies 1<sup>st</sup>-5<sup>th</sup>, Men/Women, each race (Race Organizer)  
Hard charger medals – one (1) per year of birth per gender per race (Far West provided)  
Season overall 1<sup>st</sup> – 3<sup>rd</sup>, Men/Women (total WCPs from all WILD WEST races) (Far West provided)

### **J4/J5 North, Central, and South Series—Based on 1/4th of field**

Events: Slalom, Giant Slalom, Super-G (J4); Slalom, Giant Slalom, One Run Giant Slalom (J5) – in each geographical area

Who can race: All J4s and J5s

Awards: Trophies 1<sup>st</sup> – 3<sup>rd</sup>, J4 and J5, Boys/Girls, each race (Race Organizer)  
Medallions 4<sup>th</sup> – 10<sup>th</sup>, J4 and J5, Boys/Girls, each race (Central/South) (Far West provided)  
Medallions 4<sup>th</sup> – 15<sup>th</sup>, J4 and J5, Boys/Girls, each race (North) (Far West provided)

## Far West J4/5 Championships

Events:	Slalom, Giant Slalom, Super-G (J4); Slalom, Giant Slalom, (J5); Dual Slalom	
Who can race:	All Far West J4s and J5s	
Awards:	Trophies 1 <sup>st</sup> – 15 <sup>th</sup> , J4 and J5, Boys/Girls, each race (Race Organizer) Allan Cup; Richmond Cup (see J4/5 Racing section) (Private Donors)	

## J4/5 Year end awards—Based on 1/4th of field

North Series	1 <sup>st</sup> -15 <sup>th</sup>	Far West Provided
South and Central Series	1 <sup>st</sup> -6 <sup>th</sup>	Far West Provided

## WESTERN REGION FIS SERIES

The Western Region of the USSA is comprised of five divisions: Alaska, Northern (Montana), Intermountain (Utah, Wyoming and eastern Idaho), Far West (California and Nevada), and Pacific Northwest (Oregon, Washington and western Idaho; referred to as PNSA). The Western Region (WR) offers the first level of FIS competition to the Far West's top racers. From these regional races competitors can qualify for national events such as Nor Am's, National FIS Series and U.S. Alpine Championships.

Far West uses a variety of selection methods to determine eligible athletes for each FIS race series. Quotas and general procedures are listed for each series in this section. Selection rules including those regarding Western Region Automatics, discretionary selections, MID eligibility and the Selection Committee are included in the "Far West Selection Methods" area of the Rules Governing Far West Competitors section.

### Entry

Entry to all Western Region FIS and Western Region Elite FIS races must be submitted by the Far West Administrator (NOT individuals or coaches) on official FIS entry forms.

Racers will be charged the full entry fee for the event regardless of the number of races they participate in, provided that all races in the series are held. For events involving downhill's, a separate fee will be calculated for the downhills and for the remainder of the races in the event; racers will be allowed to enter either or both portions of the series. A racer, who is unable to compete in all races in an event due to injury or illness, documented by his/her physician, will receive a refund for those races from which he/she is removed from the board. It is the racer's responsibility to notify his/her coach of injury or illness; it is the coach's responsibility to remove the athlete from the seed board at the team captains' meeting for the affected race(s).

Western Refund policy for cancelled events:

- For events cancelled prior or during the first scheduled team captains meeting there will be a complete refund of all paid entry and speed training fees.
- For technical events canceled by the jury on the day of competition there will be an entry refund of 1/2 of the organizers portion (\$10.00), 1/2 the regional portion (\$6.00) and the USSA Head tax of \$6.00.
- For speed event(s) canceled anytime during the official program dates by the jury there will be an entry refund of 1/2 the regional head tax (\$6.00), the \$6.00 USSA head tax and the training fee if no training was conducted. The organizer retains the organizers portion provided the organizer and ski area make all possible efforts to hold the event, as assessed and reported in the event evaluation report by the Jury members (3) consisting of the Technical Delegate, the Referee and the Assistant Referee.

## Western Region Elite FIS Series

The Western Region Elite FIS Series consists of four (4) events. The series starts with a January Technical Series (Utah Tech) for men and women, consisting of two (2) SL and two (2) GS and is a US Nationals qualifier. The second Elite FIS Tech Series is two (2)GS and two (2)SL in Snow King, Wyoming, also a J2 National Qualifier.. The Spring Series features two (2) SL, two (2) GS and two (2) SG races in early April at Mission Ridge, WA. The Elite FIS Series concludes with two (2) DH in mid-April at Mt. Bachelor, WA.

### **January WR Elite Tech Series #1, Park City/Snowbird, Utah – January 7-10, 2010**

This FIS event consists of two (2) SL and two (2) GS for Men and Women.

This event is a US National Qualifier

**Quota and Selection:** MEN: Automatics plus the division quota of 13

WOMEN: Automatics plus the division quota of 13

1. Two-column USSA points board using the December 2009 list 5; selected in the ITS method using SL points first, GS second
2. Mids may not appear as alternates.
3. Far West Division will select 80% of the men and women Quotas and hold 20% of the Quotas (men and women) slots in reserve for discretionary selection. If no discretionary spots are used, the next alternates will be placed in these spots. To be selected by the J1 and J2 Development Committee of 5, representing different teams.
4. Alternate list of thirty (30) men and thirty (30).
5. All athletes, including alternates, must respond by the prescribed deadline listed at [www.fwsking.us](http://www.fwsking.us)

### **February WR Elite Tech Series #2, Snow King, Wyoming – February 4-7, 2010**

This FIS event consists of two (2) SL and two (2) GS for Men and Women.

This event is a J2 National Qualifier, and US National Qualifier.

**Quota and Selection:** MEN: Automatics plus the division quota of 13

WOMEN: Automatics plus the division quota of 13

1. Two-column USSA points board using the January 2010 list 7; selected in the ITS method using SL points first, GS second
2. Mids may not appear as alternates.
3. Far West Division will select 80% of the men and women Quotas and hold 20% of the Quotas (men and women) slots in reserve for discretionary selection. If no discretionary spots are used, the next alternates will be placed in these spots. To be selected by the J1 and J2 Development Committee of 5, representing different teams.
4. Alternate list of thirty (30) men and thirty (30) women.
5. All athletes, including alternates, must respond by the prescribed deadline listed at [www.fwsking.us](http://www.fwsking.us)

### **WR Elite Spring Series, Mission Ridge, WA – April 9 – 14, 2010**

This FIS event consists of two (2) SL, two (2) GS and two (2) SG races scheduled for Men and Women

**Quota and Selection:** MEN: Automatics plus the division quota of 13

WOMEN: Automatics plus the division quota of 13

**NOTE: This is a new method. Please read carefully.**

1. A three column points board using the March 2010 list 10, selected in the ITS method of using SL points first, GS second and SG third.
2. Far West Division will select 80% of the men and women Quotas and hold 20% of the Quotas (men and women) slots in reserve for discretionary selection. If no discretionary spots are used, the next alternates will be placed in these spots. To be selected by the J1 and J2 Development Committee of 5, representing different teams.
3. Mids may not appear as alternates.
4. Alternate list of thirty (30) men and thirty (30) women.
5. Athletes, including alternates, must respond by the prescribed deadline listed at [www.fwsking.us](http://www.fwsking.us)

## **WR Elite DH's, Mt. Bachelor, OR – April 15-18, 2009**

This FIS event consists of two (2) DH races scheduled for Men and Women

**Quota and Selection:** MEN: Automatics plus the division quota of 13

WOMEN: Automatics plus the division quota of 13

1. One column USSA points board using the March 2010 list 10; selected using DH points only
2. Mids may not appear as alternates.
3. Far West Division will select 80% of the men and women Quotas and hold 20% of the Quotas (men and women) slots in reserve for discretionary selection. If no discretionary spots are used, the next alternates will be placed in these spots. To be selected by the J1 and J2 Development Committee of 5, representing different teams.
4. Alternate list of ten (10) men and ten (10) women.
5. Athletes, including alternates, must respond by the prescribed deadline listed at [www.fwsking.org](http://www.fwsking.org)

## **Western Region FIS Series**

Participation in this series by Western Region Automatics is limited and subject to Western Region Rules. The Far West will be hosting 2 Western Region FIS 4 day series, 1 in December, and 1 in March. Far West athletes are NOT eligible to race in corresponding events within the WR during this time period, If Far West athletes choose to FIS race they must participate within their Division, or be racing out of the region or country. All WR FIS series events within the FW will have a divisional quota larger than normal FIS races. Each event may be handled different. Consult the Western Region Handbook for details.

## **WR FIS Open, Mammoth Mountain– December 15-18, 2009**

This FIS series, consists of two (2) SL and two (2) GS races..

**Quota and Selection:** WOMEN: 60

MEN: 60

1. Two-column USSA points board using the November, 2009, list 4; selected in the ITS method until the quota is filled using SL points first, GS second
2. All athletes must be FIS registered. An alternate list of fifty (50) athletes will be established.
3. All athletes, including alternates, must respond by the prescribed deadline listed at [www.fwsking.us](http://www.fwsking.us)

## **WR FIS Speed Series, J2 National Qualifier, Mammoth Mtn., Ca – Jan 26 – 31, 2010**

January 26-27 are training days, races officially begin on January 28<sup>th</sup>.

This FIS event consists of two (2) SG and two (2) DH for Men and Women, Mid-J2.

This event is a J2 National Qualifier.

PLEASE NOTE THAT THERE HAS BEEN A CHANGE BY WESTERN REGION SINCE OUR MANUAL WAS PRINTED.

**Quota and Selection:** MEN: Automatics plus Divisional Quota of 25

WOMEN: Automatics plus Divisional Quota of 25

1. Two-column USSA points board using the December 2009 list 6; selected in the ITS method using DH points first, SG second
2. Mids may not appear as alternates.
3. Far West Division will select 80% of the men and women Quotas and hold 20% of the Quotas (men and women) slots in reserve for discretionary selection. If no discretionary spots are used, the next alternates will be placed in these spots. To be selected by the J1 and J2 Development Committee of 5, representing different teams.
4. Alternate list of fifty (50) men and fifty (50) women.
5. All athletes, including alternates, must respond by the prescribed deadline listed at [www.fwsking.us](http://www.fwsking.us)

## **WR FIS Sierra Crest Cup, Northstar/Sugar Bowl, Ca – March 20-23, 2010**

This FIS series, consists of two (2) SL and two (2) GS races for Men and Women, Mid-J2.

**Quota and Selection:** MEN: 60  
WOMEN: 60

1. Two-column USSA points board using the February 2010, list 9; selected in the ITS method until the quota is filled using SL points first, GS second
2. Mids may not appear as alternates.
3. Far West Division will select 80% of the women Quota and hold 20% of the Quota slots in reserve for discretionary selection. If no discretionary spots are used, the next alternates will be placed in these spots. To be selected by the J1 and J2 Development Committee of 5, representing different teams.
4. An alternate list of fifty (50) men and fifty (50) women will be established
5. All athletes, including alternates, must respond by the prescribed deadline listed at [www.fwsking.us](http://www.fwsking.us)

## **WR FIS Open, Mt Hood Meadows - April 8-11, 2010**

This FIS series, consists of two (2) SL and two (2) GS races for Men and Women, Mid-J2.

**Quota and Selection:** MEN: 25  
WOMEN: 25

1. Two-column USSA points board using the March 2010, list 10; selected in the ITS method until the quota is filled using SL points first, GS second
2. Mids may not appear as alternates.
3. Far West Division will select 80% of the women Quota and hold 20% of the Quota slots in reserve for discretionary selection. If no discretionary spots are used, the next alternates will be placed in these spots. To be selected by the J1 and J2 Development Committee of 5, representing different teams.
4. An alternate list of fifty (50) men and fifty (50) women will be established
5. All athletes, including alternates, must respond by the prescribed deadline listed at [www.fwsking.us](http://www.fwsking.us)

## **Divisional Open FIS**

The Divisional Open FIS series has replaced the ENL series. The quota's will be the same size as the ENL series and outside of the division entries will be controlled by the WR director, to ensure maximum participation of FW athletes. This series will allow resorts to put on FIS races without the vertical or penalty restrictions that go along with ENL races, but if a mountain is only eligible for FIS ENL through it's homologation they are still eligible to bid on the FIS Open series. This series will serve as the Western Region Junior Championship qualifiers and are also a part of the Grand Prix Series.

## **FIS WR Open/Far West 2SL, Sugar Bowl, CA – January 2-3, 2010**

This FIS series, which is open to all Far West athletes (including Western Region Automatics), consists of two (2) SL races for Men and Women. These races are designated qualifiers for the Western Region Junior Championships.

**Quota and Selection:** MEN: Sixty (60)  
WOMEN: Sixty (60)

1. One column USSA points board using the December 2009, list 5 selected in the ITS method until the quota is filled using SL points.
2. Twenty percent (20%) of the divisional quota may be filled through discretionary selection. To be selected by the J1 and J2 Development Committee of 5, representing different teams.
3. An alternate list of up to fifty (50) men and fifty (50) women will be established
4. All athletes, including alternates, must respond by the prescribed deadline listed at [www.fwsking.us](http://www.fwsking.us)

Team entries must be submitted in Excel format (on Far West Website) with the athletes' FIS number, name (last, first), year of birth, FIS points, USSA number and USSA points to the Far West office no later than fourteen (14) days prior to the first team captains' meeting. **Each team shall remit payment to the Far West office in the form of one (1) check.**

### **FIS WR Open/Far West SG, Mammoth, CA – January 23-24, 2010**

This FIS series, which is open to all Far West athletes (including Western Region Automatics), consists of two (2) SG races for Men and Women.. These races are designated qualifiers for the Western Region Junior Championship.

**Quota and Selection:** MEN: Sixty (60)

WOMEN: Sixty (60)

1. One column USSA points board using the December 2009, list 6; selected in the ITS method until the quota is filled using SG points.
2. Twenty percent (20%) of the divisional quota may be filled through discretionary selection. To be selected by the J1 and J2 Development Committee of 5, representing different teams.
3. An alternate list of up to fifty (50) men and fifty (50) women will be established
4. All athletes, including alternates, must respond by the prescribed deadline listed at [www.fwskiing.us](http://www.fwskiing.us)

Team entries must be submitted in Excel format (on Far West Website) with the athletes' FIS number, name (last, first), year of birth, FIS points, USSA number and USSA points to the Far West office no later than fourteen (14) days prior to the first team captains' meeting. **Each team shall remit payment to the Far West office in the form of one (1) check.**

### **FIS WR Open/Far West GS, Northstar/Squaw Valley, CA – February 22-23, 2010**

This FIS series, which is open to all Far West athletes (including Western Region Automatics), consists of two (2) GS races for Men and Women.. These races are designated qualifiers for the Western Region Junior.

**Quota and Selection:** MEN: Sixty (60)

WOMEN: Sixty (60)

1. One column USSA points board using the February 2010, list 8; selected in the ITS method until the quota is filled using GS points.
2. Twenty percent (20%) of the divisional quota may be filled through discretionary selection. To be selected by the J1 and J2 Development Committee of 5, representing different teams.
3. An alternate list of up to fifty (50) men and fifty (50) women will be established
4. All athletes, including alternates, must respond by the prescribed deadline listed at [www.fwskiing.us](http://www.fwskiing.us)

Team entries must be submitted in Excel format with the athletes' FIS number, name (last, first), year of birth, FIS points, USSA number and USSA points to the Far West office no later than fourteen (14) days prior to the first team captains' meeting. **Each team shall remit payment to the Far West office in the form of one (1) check.**

## Western Region Championships

The Western Region Championships are held for each age class, J1, J2 and J3, in each of the three regions in the U.S. J1/2 compete in 2 SL, 2GS, 2 SG. J3s race SL, GS and SG.

### Western Region Junior Championships (FIS) 2 SL, 2GS, 2 SG, Schweitzer, Idaho– March 5-10, 2010

The Western Region J1/J2 Championships are calendared as a FIS junior regional championships' event. The U.S. first and second place finishers of each race and the combined will be automatics for the Western Region Elite FIS Series in the following season.

**Quota and Selection:** MEN: Twenty (20)  
WOMEN: Seventeen (17)

**NOTE: This method was adopted beginning with the 2008/09 season. Please read carefully. For an example please see the RSBM section later in this document.**

There is open qualifying amongst all J1s and J2s; no one is protected. Selections will be based on the RSBM as follows:

1. Up to a six column, double-sided board, with best USSA race result earned in designated Far West qualifier races by discipline on the left side and USSA points from the designated points list by discipline on the right side of the board
2. Far West qualifier best USSA race result will be determined as follows:
  - a. Far West Open FIS SL, GS and SG series in January and February
  - b. An athlete will be able to use the best USSA race result from the contested qualifying races in each discipline.
  - c. USSA race result is determined by adding race points and penalty points.
  - d. If there is a tie in any given discipline, the tiebreaking proceeds as follows:
    - i. The tied athletes are listed from lowest to highest by their second best USSA race result from the tied discipline.
    - ii. If that does not break the tie, list the tied athletes in order from lowest to highest USSA points in the discipline from the USSA points lists used for the selection
3. The board will be set up from left to right:
  - a. Left side - Best USSA race result earned from the Far West qualifier races in each discipline in order of: SL, GS, SG (WR FIS Open/FW). A column will not appear if the race series is cancelled.
  - b. Right side - Points from the USSA points list in order of: SL, GS and SG. If a race series is cancelled for a particular discipline, the USSA points column for that discipline will still appear on the board.
4. USSA points from the February 2010 list 8 will be used
5. Far West Division will select 80% of the men and women Quotas and hold 20% of the Quotas (men and women) slots in reserve for discretionary selection. If no discretionary spots are used, the next alternates will be placed in these spots. To be selected by the J1 and J2 Development Committee of 5, representing different teams.
6. An athlete needs to have a valid "F" number at the time of the event to be included in the best USSA race results columns.
7. Boards will be set up only including eligible athletes, removing foreign, out of division, mid and J3 athletes
8. To appear on the USSA points side in each discipline of the selection board, an athlete must compete in at least one race of each discipline
9. Alternate list of ten (10) men and ten (10) women.
10. All athletes, including alternates, must respond by the prescribed deadline listed at [www.fwsking.us](http://www.fwsking.us)

## USSA J3 Junior Olympics, Mt. Bachelor, OR - March 18-21, 2010

The USSA J3 Junior Olympics is a championship event for racers ages 13 and 14 from the five divisions of the Western Region. Each of the three regions of USSA conducts its own J3 Olympics. The event consists of SG, GS and SL races. Only year-of-birth J3-age competitors are eligible to participate. "Special J3" athletes are not eligible for selection to this event. For "X" numbered athletes to participate in selection procedures they must be Far West members, notify the Age Class Chair and ACC Chair and follow all Far West rules and regulations. Refer to the *Foreign Athlete Selection Procedures and Far West Registration Regulations*.

**Quota and Selection:** MEN: Twenty-six (26)  
WOMEN: Twenty-three (23)

The quota is filled using "World Cup Points" (WCP) scored in the J3 JO qualifying events. There are three weekends contesting SL, GS and SG. Each competitor's top five (5) WCP scores from the nine (9) qualifying races count, regardless of discipline. If any of the qualifiers are canceled, one half of the races are scored (odd numbers are rounded up). In the event of a tie, the athlete's best result using WCPs is used even if it was previously applied in their original qualifying score. If a tie still exists, the next athlete selected will be the racer with the lowest race point result in any of the Wild West Series events.

Additionally, all western athletes selected to the Regional selection as candidates to Topolino will be automatics to the J3 Junior Olympics, if they attend. They will be considered to be the Regional Director's quota and be seeded between the first and second seeds (unless they have also qualified via their divisional route and are seeded as part of the first seed by the division). These are personal slots and do not expand the quota of the racer's division. They are meant to be a guarantee of access in the event that the racer's ability to qualify to the Junior Olympics is compromised by attending a national development opportunity.

The Far West J3 JO Team is seeded by the Far West J3 JO coaching staff, given the following criteria:

1. Racers ranked by their total WCP from the Far West J3 JO qualifying list (20%)
2. Racers ranked by their USSA points for the discipline (30%)
3. Racers ranked by their WCP from the J3 JO qualifiers for that discipline (50%)
4. Coaches' discretion, no more than 2 slots per races, per gender.
5. All athletes, including alternates, must respond by the prescribed deadline listed at [www.fwsking.us](http://www.fwsking.us)

The U.S. winners of each discipline race and the combined at the USSA Junior 3 Olympics will be named to the USSA Junior Olympic Team and are Regional Automatics for the Western Region Elite FIS Series in the following season (if age-eligible). The Western Region has a quota of three (3) J3 men and three (3) J3 women to the Whistler Cup at Whistler, British Columbia, Canada, which is filled by selecting the winners from the J3 Junior Olympics.

In May 1995, the Western Region imposed a \$30.00/athlete surcharge on racers from Northern, Intermountain, PNSA and Far West competing in the USSA Junior 3 Olympics when the event is not held in Alaska (four of five years); this will help defray the cost of travel for the Alaskan Olympians when the J3 JOs are sited in the "lower 48."

## Far West Payment and Refund Policy

Selected FIS or Junior Olympic/Festival athletes will have 72 hours to accept their selection, at which time payment in full is due. Payment is validation of entry, not verbal or written communication. Athletes must have a valid Credit Card Authorization Form on file with the Far West office to guarantee entry. No verbal credit card authorizations will be accepted. Credit card authorization forms are good for the 2009-2010 season and only need to be submitted once, unless a change of credit card. Parents, athletes, coaches or programs may pay for athletes with a credit card.

Late entries (within twelve days of the first team captains' meeting) will be assessed \$16.00 per race day (the full FIS entry fee). Entries within seventy-two (72) hours of the first team captain's meeting will not be accepted through the Far West Office. Late entries or race withdrawal refunds may not be guaranteed if outside the prescribed entry time limits. Regional rules must also be followed in these cases. Athletes not in good standing with Far West as of travel day of all division quota events are subject to immediate sanctioning. Good standing is defined as current USSA and Far West Division membership and no outstanding debts owed the division. Race series withdrawal will be assessed a \$250 non-refundable deposit.

Seven days or greater            75% or recoverable costs, whichever is less

Zero to six days                 must be accompanied with written explanation to ACC Chair.

Refunds will be made on case by case basis, and will only be recoverable costs if any.

# MAJOR USSA COMPETITIONS

## Western Region Intent to Compete Form

The Western Region requires that all eligible competitors for Nor Am's, U.S. National Alpine Championships, U.S. National J2 Olympic Championships, Canadian FIS, and out-of-region FIS races must complete an "Intent to Compete" and return it to Lester Keller at the USSA office by the designated deadline(s). Intents will be due on the first of each month for the following month's competitions and must be electronically submitted by the primary club coach or club director for all club members. It is recommended that this be a collaborative effort by the athlete, parent(s) and coach(es) to plan the athlete's competitive season. Further information may be found in the *Western Region Policies and Procedures* manual, available at [www.ussa.org](http://www.ussa.org) or [www.fvskiing.org](http://www.fvskiing.org).

## U.S. Alpine Championships

Once each year the top racers in the United States come together for about eight days to compete for the national titles of alpine ski racing. Racers from the U.S. Ski Team, top collegiate racers and the best regional racers are in attendance. For many young racers, this is the opportunity to prove themselves against our country's best. Far West competitors can only enter these races as part of the Western Region quota (13 men, 10 women). An "Intent to Compete" must be into the USSA/WR office by the deadline.

## Nor Am Cup

The Nor Am Series is the premier race series in North America, including the new Super Series for events in the U.S. These Continental Cup races are the final step for the U.S. athletes to the World Cup; Skiing's top level of international competition. Top racers from the U.S., Canada and other countries compete in the U.S. and Canada for the Nor Am titles.

Far West competitors can only enter these races as part of the Western Region quota, which are four (4) men and four (4) women. Racers must notify the Western Region office, via the "Intent to Compete" form, by the specified deadline(s) if interested in participating in these events. The selection boards for Nor Ams will include all qualified Western Region athletes, but athletes who have not indicated an interest in an event will be skipped when the team is named. Under USSA rules, a racer must appear on the FIS list that will be valid for a Nor Am event to be eligible for participation in the event. Twenty percent (20%) of the quota, at least one (1) slot, will be reserved for discretionary selection. This (these) slot(s) may be filled by the Western Region Director for development purposes.

## Other FIS Races

Access to Canadian FIS, Central FIS, Rocky FIS and Eastern FIS races is as a part of the Western Region quota only. Age-eligible athletes who are members of USSA and FIS who want to be considered for selection to any of these races must indicate that desire on the "Intent to Compete" form and submit on or before the applicable deadline.

Consult the current *USSA Alpine Competition Guide* for further details and history on all FIS events.

# **RULES GOVERNING FAR WEST COMPETITIONS**

## **Race Organization**

Far West Skiing is forever grateful to the race organizers and ski resorts that continue to generously support junior ski racing in the Far West by holding junior alpine races. To qualify for USSA insurance coverage of a calendared event, all race organizers must:

1. Be club members in good standing of USSA and FWS
2. Pay FWS club dues prior to Oct 15
3. Fulfill all USSA and FWS race officials' education requirements no later than the FWS Fall Meetings
4. Attend the officials' clinics at the FWS Fall Meetings

In early fall, race organizers will be sent blank USSA Alpine Schedule Agreements, with supporting documentation and instructions, to be completed for each of their races and returned to the USSA/WR office by the indicated deadline. This should include payment of USSA club dues and calendaring fees (make one check payable to USSA). By signing the schedule agreement, a race organizer acknowledges and agrees to abide by the rules of USSA and FWS.

Organizers must be prepared to present a current homologation/registration certificate, when applicable, to race officials on site. Race organizers failing to meet the above-listed requirements will not be granted their USSA race sanction(s) and the affected race(s) will be re-sited or canceled.

## **Race Scheduling**

The Scheduling Committee will consist of the ACC Chair, Vice Chair, Officials Chair and the Age Class Chairs... This committee will prepare a schedule for all races. The basic calendar for the following season will be presented to the ACC at the spring/summer meeting for the following season for approval. The bid packets and general calendar will be mailed out to the race organizers in the fall for the following year. The calendar will be completed with input from the Scheduling Committee as soon as possible, accommodating the ski areas and their event calendars.

Beginning with the FWS Fall ACC meeting and continuing through December, the Age Class Committees will prepare a set of sites for the Junior Olympic qualifying races for the following season. These predetermined event sites will be contacted no later than January for acceptance of the new race calendar. These sites will be presented to the Scheduling Committee.

Under ideal conditions, the complete calendar with sites will be presented at the spring meeting of the ACC for acceptance. The status of the calendar will be a continuing ACC agenda item until it is completed for that season.

Rescheduling of events will be conducted through the Scheduling Committee and the appropriate Age Class Committees affected. The Age Class Committee most impacted by a site change will have the majority of the input in selecting a new site for the benefit of the largest group of athletes affected by the change. The best combination of venue quality and calendar constraints will be considered in the rescheduling process. The Scheduling Committee will work diligently to maintain the event at the original host site. However, the Committee will operate for the benefit of the athletes of Far West as their primary focus.

## **Chronological Steps of the Bid Process**

Interested sites should follow these steps in preparing a bid for FW races. This assumes that the race organizer has been a successful divisional race host and has a demonstrable superior track record at the USSA level.

1. Contact the FWS Scheduling Committee to express an interest in future events. Obtain guidelines and documents. Confirm FIS homologation for course and timing appropriate to the event and level of racing of interest.
2. Review calendar blocks for the coming season(s) to determine site compatibility with available events or series blocks.
3. Prepare bid forms and supporting documentation. Submit to the Far West ACC scheduling chair and Far West office. In the event of multiple bids for the same events the Scheduling Committee prioritizes bids and passes them on to the ACC. In the case of traditional sites the bids may be submitted directly to the ACC.
4. Scheduling Committee review and recommendation.
5. Submit proposed calendar to FW ACC Calendar Working Group
6. ACC ratification
7. USSA FIS calendar submitted to FWS and/or FIS by April 15 annually

## Calendar Construction Considerations

The Far West is committed to supporting the USSA calendar initiatives of 1997 and 2000 as expressed in the USSA Calendar Working Group white paper "Principles of Calendaring". Specifically this means that the calendar of regional competitions is produced to follow these guidelines:

1. A structured definitive calendar that allows for distinct training, competition, and recovery periods
2. The calendar should allow competitors to focus on the appropriate level of competition and provide for fluid upward mobility as well as participation in events of secondary importance
3. A calendar that conducts competitions in time period blocks
4. Venues must be capable and/or experienced with running multiple race events
5. A calendar that is athlete based that supports the achievement of athletic competence by providing the possibility of achievement of the ideals expressed in the *USSA Alpine Athlete Competencies*
6. The calendar will consist of a variety of race venues with geographic diversity
7. A calendar that utilizes the highest quality venues and race organizers available while encouraging the development of new venues for a variety of competition experience
8. A calendar that considers the monetary cost of ski racing and attempts to mediate the effects of those costs to participants.

## Race Preparation

### Race Trails

All trail homologation must be completed prior to bid submission. In the case of speed events on courses that have not been used for regional races, or for courses in the first year of re-homologation a copy of the inspectors report is to be submitted. Snow coverage at the time of the event and snowmaking capabilities for the time of the proposed event must be included.

### Experienced Leadership

The event organizer must have a proven history and an appropriate amount of experience. Prior event evaluations for new FIS sites are required. A list of certified officials and planned manpower is required.

### Timing

Race organizer must have a good record. A list of FIS homologated timing available is required.

### Ski Area Support

A written endorsement from the area showing management/grooming support.

### Race Administration

Proven ability/experience from divisional races or prior FIS races.

### Race Supply:

Race organizer must have enough equipment to host the event (poles, fence, etc.) In the case of speed events the safety system/protection is to be correlated with the homologation report. In the case of children's competitions the number of proper diameter flex gates should be noted.

## Race Announcements

Each race organizer is required to E-mail/fax/mail a race announcement "fact sheet" to the FWS office, and the USSA/WR office.. Announcements should be sent out in good time, at least thirty (30) days prior to the entry deadline.

## Entry and Entry Fees

Individual race entries must be made on an official "USSA Timing and Entry Card" (see *Appendix* for form). One entry card per race must be completely filled out on the spaces provided for the racer's use. Full entry fees (separate check for each race for each athlete) must accompany all entries. Race organizers are prepared to accept Team Entries if accompanied by full payment of entry fees due (see *Appendix* for form). Entries should be mailed to the race organizer's address (refer to the *Appendix*), not the USSA or FWS offices.

## USSA/Far West Entry Fees

USSA/FWS entry fees for the 2009/2010 season are:

J3 through Mid – SL & GS races	\$ 30.00 per start	Far West J4/5 SL & GS races	\$ 22.00 per start
FIS	\$ 38.00 per start	Far West J4/5 SG races	\$ 25.00 per start
J3 through Mid– SG & DH races	\$ 38.00 per start	J4/5 Speed Training Runs	\$12.00 per start
Speed Training Runs	\$ 20.00 per start	Kombi Race	\$25.00 per start

**FAR WEST LATE FEE (PER RACE) \$ 15.00**

## Head Tax

A portion of the entry fees for USSA/Far West scored events are remitted to USSA (\$6.00), the Western Region (\$2.00) and Far West Skiing (\$2.50) for head taxes. USSA non-scored races and all Far West J4/5 races are subject to FWS (\$2.50) and Western Region (\$1.00) head taxes only. For collegiate races a head tax of \$2.00 to Western Region. For a FIS race a head tax of \$12.00 will be paid to Western Region and \$6.00 to USSA.

## Entry Deadlines

Race entries must be received by the race organizer on or before the entry deadline, five (5) days prior to the competition. Late entries are subject to a late fee and will always be the first cut from a race when field size is an issue. Late entries do not guarantee the competitor entry to the race. It is the racer's responsibility to check with the race organizer to see if a late entry has been accepted. It is up to the race organizer to determine whether or not to allow late entries at the team captains' meeting. All deadlines reflect dates of receipt; postmarks will not be considered.

## Entry Refunds

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

- A. For events cancelled prior or during the first scheduled team captain's meeting there will be a complete refund of paid entry and speed training fees.
- B. For technical events cancelled by the jury on the day of competition there will be a refund of all head tax. The organizer will be able to keep \$5.00 for J4/5 races (non-scored) and \$7.00 for Mid-J3 (scored) from the remaining organizers portion.
- C. For speed event(s) cancelled anytime during the official program dates by the jury there will be a refund of all head tax and training fee if no training was conducted. The organizer will be able to keep \$10.00 for J4 races (non-scored) and \$14.00 for Mid-J3 races (scored) from the remaining organizers portion.
- D. It is the racer's responsibility to inform the race organizer in writing, by fax or email, that he/she will not be able to take part in the race(s). The last chance to remove a racer from the field is at the team captain's meeting, held the afternoon/evening before the race. Racers who appear on the start list and do not take part in the race(s) will forfeit the entry fee(s).

## Seeding System for Scored Races

The Far West uses the USSA seed points list (CCCS). All entered competitors are ranked by their points in the contested discipline, lowest points (highest ranked) to highest points (lowest ranked.) There are two acceptable procedures for establishing the run order for the first seed of competitors, usually top 30 or top 15, in a scored race: athletes' start positions can be double-drawn by hand or random-drawn by computer. The method used will be determined at the seed meeting by the team captains. The remainder of the field runs in points order, lowest to highest.

For scored SL and GS, two-run events, only those racers who legally finish the first run are allowed a second run (exception: J3-only Far West races; see *J3 Racing* section.) Racers are ranked according to their first-run finish with the top-seed finishers running in reverse order; that is, the thirtieth (or fifteenth) fastest time from the first run starts first and the fastest time starts thirtieth (or fifteenth). All others race in first-run finish order. This applies to all Mid - J3 competitions. For further information, please consult your USSA Competition Guide. For details on start orders for J4/5 races, see *J4/5 Racing* section under *USSA/Far West Competitions*.

## Team Captains/Seed Meeting – Racer Representation

All entered athletes must be represented at the team captains' meetings (seed meetings) for the event. Representation must be made by a properly credentialed professional coach who is able to enter the race arena and is willing to take responsibility for conveying safety information, program of the day and other instructions of the Race Jury to the athlete(s) represented. Self-representation of unattached ADULT athletes is acceptable under current rules. If not properly represented, the Race Jury may remove an athlete from the start list and not allow him/her to race.

## Race Results

Official hard copy race results packets must be RECEIVED in the USSA/Alpine and Far West Skiing offices not later than five (5) business days following a race. The Far West Office only needs the TD report and Head Tax form. A fifty-dollar (\$50.00) fine will be imposed after the lapse of the five business days for lack of results.

Race organizers must do all humanly possible to insure that the race they have just held will be scored to the next USSA point's list update. FWS may require race organizers not meeting the five-day deadline for race packet submission to refund all competitor entry fees.

## **Race Results Contd.....**

### **For each scored USSA/Alpine race, the results packet must include:**

- \*“Transmittal Sheet” (corrected, if necessary, with the race code number for that race)
- \*start list
- \*Official results signed by the TD
- \*TD Report.
- \*penalty calculation form
- \*Timing and Calculations form
- \*Jury minutes
- \*Head tax payment in full to USSA, Western Region and Far West must accompany results.

### **For each non-scored USSA/Alpine race, the results packet must include:**

- \*start list
- \*Official results signed by the TD
- \*TD Report
- \*Jury Minutes
- \*Head Tax payment in full to USSA and Far West must accompany results.

In addition to sending hard copy of official results to the USSA/Alpine and FWS offices, all results must be submitted electronically to USSA/Alpine in a USSA-approved format. Race organizers will be provided with instructions from USSA/Alpine for submitting official results for scoring. As of 1997/98, USSA imposes a fifty-dollar (\$50.00) penalty for each race that was not properly submitted ready for entry into the scoring system.

All Far West scored and un-scored race results need to be submitted electronically to [lucy@fwskiing.org](mailto:lucy@fwskiing.org). Results will be sorted by class for each separate race and posted at [www.fwskiing.us](http://www.fwskiing.us) in that format.

## **Home Quota**

This is a special quota, of three (3) men and three (3) women, for the home team putting on a GRAND PRIX SERIES race. Mid – J2s who are paid members of the home program and in good standing with USSA and Far West are eligible. The home quota must be approved by the race jury at the team captains’ meeting.

## **Out-Of-Division Racers in USSA/Far West Events**

Racers from other divisions are welcome to compete in USSA/Far West races to the extent compatible with field size or other printed restrictions. The racer must meet the qualifications of the Far West race series being entered. Racers from outside the Far West will need permission from their Regional or Divisional Director and the FWS ACC Chair (via the FWS office.) Contact should be initiated at least three weeks (21 days) before the event. Race organizers will not allow entry by out-of-division racers unless informed by the FWS office that this process has been completed.

## **Foreign Athlete Selection Procedures and Far West Registration Regulations**

“X” numbered athletes affiliated with a Far West program must pay Far West membership dues to the Far West office in order to be selected for and participate in any USSA Junior Olympics or USSA sanctioned championship event. The “X” numbered athlete must notify the Far West ACC Age Class Chair and ACC chair of their intention to be selected for that event and meet all deadlines and follow all Far West rules and regulations.

## **Coaches Credentials**

Race organizers in the Far West are required to adopt the following policy as a minimum standard concerning granting of coaches’ credentials at USSA/FWS races:

1. One (1) to four (4) athletes per team – one (1) coach’s ticket per team
2. Five (5) to ten (10) athletes per team – two (2) coaches’ tickets per team
3. Eleven (11) to eighteen (18) athletes per team – three (3) coaches’ tickets per team
4. Nineteen (19) to twenty-six (26) athletes per team – four (4) coaches’ tickets per team
5. Twenty-seven (27) or more athletes per team – one (1) coach’s ticket per eight (8) athletes
6. Coaches must present their current USSA membership card confirming them as an Alpine Coach
7. Coaches must be current Far West Skiing members
8. Coaches must be on the Far West official coaches roster for the particular team

# RULES OF ALPINE COMPETITION

USSA alpine races are run according to the current International Competition Rules (ICR) of the International Ski Federation (FIS), which rulebook is updated and printed every four years. The ICR is a book which all alpine coaches and officials should have. USSA, its regions and divisions have made certain modifications to some rules. It is every competitor's responsibility to know and observe the rules. Coaches are expected to support the rules by instructing their racers in proper observance and respect. To purchase an ICR, please contact USSA.

Some of the most important and commonly encountered rules for competitors are reviewed and outlined below.

**Restraining straps or ski brakes:** Commercially produced, functional ski brakes are required at all FIS and USSA races. Most ski areas require the use of restraining straps or ski brakes at all times. Racers are expected to observe regulations by using brakes or straps when required. USSA and its competition juries support ski areas and race organizers on this matter. Racers should wear functioning brakes in practice, inspection, warm-up skiing and competition, as the race organizer requires.

**Interference, request for re-run:** If a competitor feels that he or she has suffered from interference on the course, he/she must ski out of the course immediately (as soon as it is safe to do so) and request a provisional re-run from any race jury member, explaining the specific problem and location. The jury will determine the validity of the claim in a subsequent meeting, according to the rules related to re-runs.

**Racing numbers, bibs:** Competitors must carry their official start numbers (bibs), clearly visible, during inspection. Bibs must be worn during official training. Bibs shall not be modified in any way. The penalty for breach of these rules is disqualification.

**Binding release:** A binding release occurring more than two gates above the finish in SL, GS or SG, or one gate in DH, shall be considered a "clear disqualification." Racers may not continue on the course.

**After clear disqualification:** A racer who is clearly disqualified for missing a gate may not continue through further gates. Competition juries may impose disciplinary sanction on competitors who violate this rule.

**Unqualified racers:** By majority vote, the race jury may exclude racers for safety reasons.

**Protest:** If a racer protests the decision of a race official, he or she must submit a written protest and post a bond of an amount determined by the race jury. If the protest is denied, the bond is forfeited.

**Hiking:** Hiking is NOT allowed in speed events. A competitor who has missed a gate (or gates) in Super-G and Downhill must exit the racecourse immediately or as soon as it is possible to do so in a safe manner.

**Penalty-point fixing:** Any athlete or coach who participates in penalty-point fixing will be sanctioned. Any fees paid will not be refunded. If it is determined that points fixing has occurred, the race(s) affected will be re-scored without the benefit of the points of the violating athlete(s).

**Super-G training runs:** USSA Super-G's that involve jumps shall be preceded by at least one run on a training course set on the trail/slope to be used for the actual competition. The training course should be similar to the intended race course(s). All safety measures shall be in place for the training run(s), which will be run as for downhill training. The jury may decide to waive this training requirement if conditions warrant (for example, if there was an immediately preceding downhill in which all racers participated).

**Helmets:** Helmets manufactured for ski racing are required for ALL age groups for ALL USSA races and official training. FWS strongly recommends that athletes wear some sort of protection in SL for the face and other body parts.

USSA and FWS neither specify nor recommend any particular helmet design and undertake no responsibility or liability in connection with the requirement that helmets are utilized. It is the sole responsibility of the competitor to select an appropriate helmet for accident protection in ski racing.

**CAUTION:** The protective qualities of all safety helmets are affected by age and use. Some older helmets and any helmet damaged either in a racing fall or from other impact may no longer provide sufficient protection, even if there are no visible indications of damage. USSA and FWS neither specify nor make any warranties as to the fitness for use of any particular ski helmet nor assume any responsibilities or duties to any competitor by requiring the use of a helmet.

# RULES GOVERNING FAR WEST COMPETITORS

## Far West Selection Methods

All Far West selections utilize the “World Cup Point” (WCP) system and/or the USSA points list. Each race series will specify the selection method and points system(s) to be used. Selection methods are defined below:

### World Cup Point System (WCP)

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

### Old World Cup Point System

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

### Regional Selection Board Method (RSBM)

**Note:** The method described below differs from the standard RSBM method that appears in the USSA and Western Region manual. Please read carefully.

The Regional Selection Board method, as utilized in Far West selections, consists of two sets of columns. The first set is based on the best USSA race result (adding race points and penalty points together) in designated qualifying events by discipline. The second set is based on USSA points by discipline. The order of disciplines will be DH, SL, GS, SG, unless otherwise specified. Athletes will be selected from left to right, top to bottom. Unless otherwise noted, ties in a specific discipline will be broken by the second lowest race result in the discipline from the qualifying races. If this does not break the tie, the next athlete selected will be the racer with the lowest USSA or FIS points using the same points list used for selections. For a more detailed description of this method, refer to the *USSA Alpine Competition Guide*, however, please note Far West’s use of best USSA race result rather than “World Cup Points”.

#### Example of how to calculate a single column for the left side of the board:

#### Far West GS Qualifier Results – Race 1

<u>Finish Place</u>	<u>USSA ID</u>	<u>Full Name</u>	<u>YOB</u>	<u>Division</u>	<u>First Run</u>	<u>Second Run</u>	<u>Race Time</u>	<u>Race Points</u>	<u>USSA Result</u>
<u>1</u>	<u>00001</u>	<u>Racer 1</u>	<u>1987</u>	<u>FW</u>	<u>57.10</u>	<u>54.02</u>	<u>01.51.12</u>	<u>0.00</u>	<u>30.34</u>
<u>2</u>	<u>00002</u>	<u>Racer 2</u>	<u>1986</u>	<u>FW</u>	<u>57.74</u>	<u>54.17</u>	<u>01.51.91</u>	<u>6.26</u>	<u>36.60</u>
<u>3</u>	<u>00003</u>	<u>Racer 3</u>	<u>1988</u>	<u>FW</u>	<u>57.84</u>	<u>55.03</u>	<u>01.52.87</u>	<u>13.86</u>	<u>44.20</u>
<u>4</u>	<u>00004</u>	<u>Racer 4</u>	<u>1986</u>	<u>FW</u>	<u>58.78</u>	<u>54.18</u>	<u>01.52.96</u>	<u>14.57</u>	<u>44.91</u>
<u>5</u>	<u>00005</u>	<u>Racer 5</u>	<u>1987</u>	<u>FW</u>	<u>58.48</u>	<u>54.89</u>	<u>01.53.37</u>	<u>17.82</u>	<u>48.16</u>

## Far West GS Qualifier Results – Race 2

<u>Finish Place</u>	<u>USSA ID</u>	<u>Full Name</u>	<u>YOB</u>	<u>Division</u>	<u>First Run</u>	<u>Second Run</u>	<u>Race Time</u>	<u>Race Points</u>	<u>USSA Result</u>
<u>1</u>	<u>00003</u>	<u>Racer 3</u>	<u>1988</u>	<u>FW</u>	<u>55.58</u>	<u>54.57</u>	<u>01.50.15</u>	<u>0.00</u>	<u>33.02</u>
<u>2</u>	<u>00002</u>	<u>Racer 2</u>	<u>1986</u>	<u>FW</u>	<u>56.33</u>	<u>55.12</u>	<u>01.51.45</u>	<u>10.39</u>	<u>43.41</u>
<u>3</u>	<u>00004</u>	<u>Racer 4</u>	<u>1986</u>	<u>FW</u>	<u>55.89</u>	<u>55.56</u>	<u>01.51.45</u>	<u>10.39</u>	<u>43.41</u>
<u>4</u>	<u>00001</u>	<u>Racer 1</u>	<u>1987</u>	<u>FW</u>	<u>55.49</u>	<u>56.08</u>	<u>01.51.57</u>	<u>11.34</u>	<u>44.36</u>
<u>DNF2</u>	<u>00005</u>	<u>Racer 5</u>	<u>1987</u>	<u>FW</u>	<u>57.44</u>	<u>0.00</u>	<u>0.00</u>	<u>990.00</u>	

Using the above example race results, Racer 1 scored 30.34 USSA race result (race points plus penalty) in the first race and 44.36 in the second, thus Racer 1's best USSA race result is 30.34 from the two GS qualifying races. Looking similarly at the other 4 racers shown, the end result is a list in order from lowest to highest "best USSA race result" for the two GS qualifying races as follows:

Racer 1 – 30.34 (from 1<sup>st</sup> race)

Racer 3 – 33.02 (from 2<sup>nd</sup> race)

Racer 2 – 36.60 (from 1<sup>st</sup> race)

Racer 4 – 43.41 (from 2<sup>nd</sup> race)

Racer 5 – 48.16 (from 1<sup>st</sup> race)

The racers would thus appear in this order on the GS qualifier column of the board. Selections then proceed as with the standard USSA RSBM method. Also note that a racer who failed to receive a USSA result from either race (i.e. DNS, DNF and/or DQ from all qualifying races in a discipline) would not be listed in the column.

### International Team Selection (ITS)

In the ITS method, each discipline is ranked in a separate vertical column, lowest points on top to higher points on bottom. The columns are arranged normally from left to right: DH, SL, GS, SG. Athletes will be selected from left to right, top to bottom. Duplications of the same athlete in more than one column are listed. If a name comes up again, it is skipped and selection continues across from left to right and not down for repeats.

### Western Region Automatics

A minimum of forty (40) men and forty (40) women will be selected as automatics for the Western Region Elite FIS Series. The U.S. Gold and silver medal winners of JO J1/2 events plus combined winners and the Gold medal winners of the J3 events and combined (if age eligible in the following season) are automatics in addition to selected automatics via point selection. Western Region will purge all Mid or J1 athletes not registered with FIS, current US Ski Team members, or any Western Region athlete who did not start a regional Elite FIS race the previous year. The list will be based on the May USSA points list and will be arranged in the order DH, SL, GS, SG. Selections will be made left to right on each row and from top to bottom on the list until the quota is filled. The points on the last row reached in each column will be the automatic point cutoff in that discipline.

In addition to the selected athletes, any regional transfers whose FALL points are below the cutoff in any discipline will be automatics.

During the season, any Western Region competitor whose points on the current USSA points list are at or below the cut-off in any discipline will continue as an automatic for the remainder of the season.

Western Region Automatics do not appear on the Far West's Western Region Elite FIS Series selection boards and thus do not count against Far West quotas; rather, Western Region Automatics are in addition to Far West quotas to Western Region Elite FIS Series.

## **MID Selection to FIS Races**

Far West does not include athletes over age 25 on selection boards unless the athlete notifies the Far West office in writing of their intent to compete 7 days prior to the publishing date for the points list used to make the selections. Selected athletes must be age-eligible, USSA, FIS and FWS members in good standing to participate in FIS races; “special J2” racers may not compete. The names of any over age 25 athletes registering their intent will appear on the selection boards. **It is Far West policy that no MID will be selected to these events as an alternate.**

## **Discretionary Selection to FIS and Championship Teams**

Discretionary selections will be made by the J1-J2 Selection Committee. Those selections will be made to best support the goals of each race series. Upon those selections being filled, the Development nominations will be submitted.

## **Development Selection to FIS and Championship Teams**

After the total quota has been filled, the J1-J2 committee will submit the next age eligible athletes from the selection boards to the Western Region office for potential entry as Development requests to support the goals of the series. Upon approval from the Western Region office, the Far West office will notify the programs/athletes of their entry into the race.

## **Selection Committees**

The following committees will make selections to the Far West quota for Junior Olympics, Western Region Elite FIS and Western Region FIS Series races:

1. Athlete selections: The respective FWS ACC age group chair(s), the FWS ACC Chair, one (1) person appointed annually by the FWS ACC
  2. Coaching selections: The FWS ACC Coaches Chair, the FWS ACC Chair and the appropriate Age Class chairs
- The Western Region Selection Committee makes selections to out-of-region FIS, Canadian FIS, National FIS, Nor Ams, U.S. Alpine Championships and Canadian Alpine Championships.

## **Entry to Out-of-Division USSA Races**

No one (competitor, coach, parent, legal guardian) may enter an athlete in a race in another division/region without prior approval from the Far West office. The philosophy of the Far West is to discourage unnecessary out-of-division travel. The following policy will apply:

1. All requests must be made by the athlete’s parent or coach, or the athlete if he/she is 18 or older
2. All requests must be submitted to the Far West office, in writing, at least three weeks (21 days) prior to the race
3. Racers must meet all qualifications of the host division/region
4. Out-of-Division races will only be considered when the Far West is not sponsoring a race of equal caliber, at or about the same time
5. Exceptions may be applied for through the FWS office and will be considered by the FWS ACC
6. If a request is granted, entries and fees must be submitted to the race organizer before the established deadline

## **Code of Conduct**

The USSA Code of Conduct can be found in the *USSA Alpine Competition Guide*. The entire Code shall apply to all Far West competitors, coaches, officials and volunteers at all levels of USSA and Far West racing, and when representing the USSA and/or Far West as part of an official team or as an individual. All competitors, coaches, officials and volunteers must read, acknowledge and abide by the USSA Code of Conduct. All competitors, coaches, officials and volunteers must abide by the FWS Code of Conduct.

### **Far West Policy Concerning Conduct**

All coaches, officials and athletes representing the Western Region/Far West are bound by the USSA Code of Conduct and by other guidelines properly established by the Far West ACC or the Far West coaching staff. Violations of the Code of Conduct and/or rules and guidelines brought to the attention of the Far West coaching staff at meets and/or training camps will be discussed with the coaching staff to decide an appropriate course of action.

The following are guidelines that will be followed by the Far West to decide upon a proper course of action:

1. A panel named by the Far West ACC Chair and/or the Far West head coach will be formed from the coaching staff and any Far West ACC members present.
2. The chairman of the panel will be the Far West ACC Chair, a Western Region coach or the designated team leader/head coach.
3. Prior to any action being taken, the Far West ACC Chair and the Far West President will be notified
4. If disciplinary action is deemed necessary, the following people shall be notified:
  - a. In the case of an athlete, the athlete's coach and parents or guardian
  - b. In the case of a coach or official, their supervisor and home club/program
5. Any action taken will require the filing of a written report to the Far West ACC Chair, the Western Region director and the USSA national office outlining the charges, facts and findings.
6. If an appropriate course of action cannot be agreed upon, the chairman of the panel shall refer the facts and possible courses of action to the Western Region Director and/or the USSA national office for advice and guidance
7. Prior to any competition suspension, the Western Region Director must be notified.

**Any action taken shall comply with the USA Ted Stevens Amateur Sports Act and the USSA Code of Conduct, and any other applicable USSA rule in place. All actions involving "protected competitions" as defined by USSA are subject to the due process provisions contained in the Bylaws of United States Ski and Snowboard Association.**

### **Far West Skiing Policy Concerning Illegal Drugs, Alcohol and Tobacco**

Far West Skiing strongly endorses the USSA Code of Conduct. It is the position of FWS 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(s) upon the emotional and physical well being of the users.

Consequently, Far West Skiing does hereby declare its opposition to the use of illegal drugs and the illegal consumption of intoxicating beverages and tobacco. FWS will strictly enforce the following policy:

1. Absolutely no possession or use or being in the presence of illegal drugs or narcotics as stated in the USSA code of conduct
2. Absolutely no illegal possession or illegal use or being in the presence of alcoholic beverages as stated in the USSA code of conduct
3. Absolutely no illegal possession or illegal use or being in the presence of tobacco as stated in the USSA code of conduct

### **Disciplinary Action**

Any action taken shall comply with the USSA Code of Conduct. Possible actions include:

1. Suspension from the FWST team and no future team participation
2. Loss of support from FWS, Far West Masters, Western Region, USSA
3. Elimination of coaching, travel and other benefits
4. Race sanctions
5. Reimbursement of Far West subsidies to Far West
6. Surrender of the offending party or parties to the local or state authorities if the offense is a violation of existing laws of the land

Any action taken by the panel that denies a competitor access to competition shall not be for a period of more than twenty-one (21) days.

## **Far West Traveling Team Rules**

### **Far West Team Travel**

For all FIS racing the Far West Office will organize the selections, and payment of entries. All Far West Teams will travel on their own, working together with FW radios when possible. All other travel expenses will be handled by teams. A head coach will be assigned by the J1/2 committee.

The Western Region Jr. Champs will follow the same procedure except payments to the FW office will include athlete coats/memorabilia.

The WR J3 Junior Olympics will not change, with the FW office organizing the entire trip and coaching staff. Wax will not be included in the JO travel package as each team/athlete will take care of their own purchase of wax. Coaches will assist athletes in waxing suggestions during the event. A budget has been set aside to provide overlays for the J3 JO team, with the remainder to be returned to the Far West Office.

### **Far West Traveling Team Rules**

FWS will normally arrange for coaching and housing for J3 Junior Olympic events only. Far West racers who qualify for an event and attend will go as members of the Far West Traveling Team (FWTT).

All Far West Traveling Team “members,” including all racers, coaches, officials, chaperones and other individuals who officially represent FWS as part of a Far West Traveling Team at Junior Olympics are governed by FWTT rules.

FWTT rules are as follows:

1. Team members must be current members of FWS and appropriately licensed by USSA and FIS, if applicable
2. Team members are required to sign the Far West Traveling Team Agreement before departing for the trip
3. Team members are required to submit a completed Far West Medical Release before departing for the trip
4. Team members are required to abide by the USSA/FWS Code of Conduct and the FWS Policy Concerning Illegal Drugs, Alcohol and Tobacco
  - a. to attend all team meetings and team training sessions unless excused by the FWTT head coach
  - b. to observe the curfew established by the FWTT head coach
  - c. to remain with the FWTT or in the vicinity of the FWTT’s housing, except with the permission of the FWTT head coach
  - d. to observe any additional rules established by the FWTT head coach or the FWS ACC
5. After being selected, Far West competitors have seventy-two (72) hours to inform the FWS office that they accept or decline the selection; after that time, the quota spot is offered to the next alternate
6. Competitors must submit payment by the deadline indicated on the “Trip Information Sheet” or forfeit the quota spot to the next alternate
7. All Far West Traveling Team members are expected to stay with the FWTT in the housing arranged by FWS. Competitors with extenuating circumstances may appeal in writing to the FWS ACC via the FWS office for an exception to this provision, not later than twenty-one (21) days prior to the event. (Plan ahead if you think you might be selected!)
8. Racers on the FWTT are required to supply the FWS office with all required fees and forms by the published deadline (or before departure, if an alternate), including but not limited to, Far West Medical Release, FWS Waiver and Release of Liability, Far West Traveling Team Agreement
9. Racers who drop off the traveling team after fees have been paid to the race organizer and for housing may receive a refund only if funds can be recovered by the FWS office
10. Racers who are in violation of Far West Traveling Team rules are not eligible for a refund, and may be ineligible for future Far West traveling teams

*NOTE:* These rules are a summary of the Far West Traveling Team rules

### **Far West Appeals Board**

The USSA and the Amateur Sports Act mandate that all sports assure that appeals boards and procedures for jury decisions and team selections be instituted at all levels of competition. The Appeals Board for the Far West shall consist of five members. The FWS ACC shall make recommendations to the FWS Board of Directors. The BOD shall make the final selection of members to the Appeals Board, which shall consist of one senior official, one coach, one competitor, one current member of the FWS ACC and the FWS President (who shall chair the group.) If a conflict of interest arises, that Appeals Board member(s) is/are required to disqualify him/herself from the case.

Members of the involved race jury may not be included in the appeals group. Any individual who has served in an appeals group that has reviewed an appeal may not be part of any group that reviews the same appeal at a higher level.

Notice of appeal must be delivered in writing with the appropriate fee to the appeals group chairperson (FW President and/or ACC Chairman) within three (3) business days after the jury decision took place.

Individuals filing appeals shall pay the full fee required. If the appeal is successful, the appeals filing fee shall be refunded.

The hearing group must restrict its examination to consideration of whether or not protocol was followed, rules were applied properly, the athlete was offered rebuttal opportunity, etc. The hearing group must not “retry” the case in terms of the facts found by the jury at the time. However, the hearing group can find that the facts were clearly disregarded in the outcome of the jury deliberation.

Filing Fees: Competition Jury Appeals, \$50.00; Team Selection Appeals, \$100.00.

## **Racer Responsibility Code**

1. Bindings must be in good condition and properly adjusted for the conditions. Unbreakable sunglasses or goggles are essential
2. Warm up for training and racing sessions. Stretch for at least five (5) minutes before skiing. Warm up gradually on snow, skiing various radius turns, before skiing at racing speed
3. Always carefully inspect a course before running it. Follow the inspection rules for the training session or race. Always be certain that practice courses are clear before proceeding. Do not cross or go onto closed courses at competitions
4. If you fall and are unhurt, immediately signal that you are OK and move a safe distance from the course. Collect your gear and reorganize away from the active course
5. While attending a race event, stand far enough outside the course to allow a racer on course full visibility, room to recover and room to come to a stop without hitting you
6. Never free-ski on or near a closed course except as allowed by the established inspection procedure. Always remain still while there is a racer on course
7. If a gate pole is knocked out or broken and presents a danger, notify a course official or coach and place the pole outside the course, preferably totally to the side of the slope or as directed
8. 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
9. 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 group move unexpectedly
10. When your run is complete, immediately move out of the finish area or away from the course. Make sure you have an adequate finish area and safe room outside all courses
11. Never jump or ski fast into an uncontrolled “blind spot”
12. When free-skiing outside race and training areas, you must be aware of others and ski in full control at all times. Respect other skiers’ rights to a safe and pleasant skiing experience

## **Your Responsibility Code**

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 snow sports enthusiasts the responsibility for a great experience.

1. Always stay 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. Whenever starting downhill or merging into a trail, look uphill and yield to others
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 IS YOUR RESPONSIBILITY**

This is a partial list. Be safety conscious.

Officially endorsed by: National Ski Areas Association,  
National Ski Patrol and Professional Ski Instructors of America

## **California State Penal Code**

The following misdemeanors are punishable by a fine of up to \$1,000.00:

1. Skiing within or entering a CLOSED area. PC 602.q
2. Leaving the accident scene if involved in a collision, except to notify authorities or obtain assistance. PC 653.i

## **OTHER FAR WEST PROGRAMS**

### **Far West Ski Coaches**

#### **Far West Traveling Team Coaching Staff**

1. For all FIS racing the Far West Office will organize the selections, and payment of entries. All Far West Teams will travel on their own, working together with FW radios when possible. All other travel expenses will be handled by teams. A head coach will be assigned by the J1/2 committee.
2. The WR Junior Champs will follow the same procedure but payments to the FW Office will include athlete coats/memorabilia.
3. The WR J3 Junior Olympics will not change, with the FW office will organize the entire trip and coaching staff. Wax will not be included in the J0 travel package as each team/athlete will take care of their own purchase of wax. Coaches will assist athletes in waxing suggestions during the event. Overlays should be used up from the FW office and in the future a budget of \$500 for overlays should be used per year for the entire FW team with the remainder give back to the FW office after the trip.

#### **Selection to Far West Traveling Team Coaching Staff**

Selection to a J3 FWTT coaching staff is based on the following criteria:

1. All coaches shall be current members of FWS, a USSA Alpine Coach and referee-certified. Referee certification is required in order to be a jury member, jury advisor and/or to be a course setter.
2. Far West coaches wishing to represent FWS at Junior Olympics must notify the FWS office and FWS ACC Coaches Chair in writing a minimum of six (6) weeks prior to the event. Program Directors and Head Coaches may make nominations. Names may be substituted in a timely manner
3. For all J3 FWTT projects Head Coaches for each gender will be assigned no earlier than the FWS Fall Meetings and no later than two (2) months prior to the event.
4. All selected coaches are required to read, sign and abide by the USSA/Western Region/Far West Competition Project Staff Agreement, the FWS Code of Conduct, FWS Waiver and Release of Liability and the J3 FWTT Agreement
5. Qualified coaches from clubs/programs with the higher number of competitors attending the specified event will have priority for selection to that particular event. Selection of a qualified female coach is desirable, subject to availability. All coaches must meet the defined criteria
6. The Selection Committee takes into consideration a coach's education and experience, ability to work with fellow coaches and all competitors and evaluations of past performances
7. The Selection Committee may choose, on occasion, a coach who does not have any competitors on the specific trip, to further insure that all competitors will be treated equally
8. FWS will send adult chaperones, minimum of two (2), to the USSA Junior 3 Olympics. The Age Class Chair will keep the Coaches Chair apprised of selection Boards to aid in selection of the other coaches to the upcoming events.

#### **Coaching Staff Responsibilities While on a Far West Traveling Team Trip**

All Coaches shall:

1. Be responsible to the team as a whole and work with all athletes representing the Far West
2. Uphold and abide by the USSA/FWS Code of Conduct
3. Represent the Far West as an official, course-setter (always as a two person team set) or jury member to the best of his/her ability

## **Coaching Staff Responsibility while on FW Traveling Team Trip Contd.**

The Head Coaches shall:

1. Contact the Far West Administrator and each other on lodging and pre event planning
2. Submit an information sheet to all participating clubs within fourteen (14) days of the event
3. Request overlays through the FWS office at least two (2) weeks in advance of the trip and account for it at the completion of the trip
4. Contact (possible) alternate(s) if a named athlete is unable to race
5. Carry medical releases and insurance information for all competitors on the trip
6. Represent all Far West athletes at all team captains'/seed meetings or designate other FWTT coach(es) to do so
7. Implement guidelines as established by the FWS ACC/BOD
8. Manage the trip in accordance with divisional policies and procedures
9. Submit the "FWS Out-of-Division Travel Report" to the FWS office within ten (10) days

Assistant Coaches shall:

1. Cooperate with and be responsible to the Head Coach
2. Carry out work assignments to the best of his/her ability in a timely and professional manner
3. Supervise athletes in a manner that promotes top performance

FWTT head coaches and assistant coaches who fail to fulfill these responsibilities are subject to suspension from future Far West Traveling Team participation as well as other possible disciplinary action.

### **Coaches Code of Conduct**

The USSA Code of Conduct, which can be found in the *USSA Alpine Competition Guide*, along with the FWS Code of Conduct, and all FWS policy stated in the *Rules Governing Far West Competitors* section of this manual, shall apply to all Far West coaches at all levels of Far West racing, and when representing FWS as part of an official team or as an individual. Coaches must abide by the USOC coaching ethics code.

### **Coaches' Rosters**

All Far West ski teams/clubs/programs are required to submit a roster of their active working coaches to the FWS office and the FWS ACC Coaches Chair by the FWS Fall Meetings, listed with their USSA member numbers. Only coaches who are USSA and FWS members in good standing and appear on the official Far West roster will be considered for credentials and lift tickets at USSA-sanctioned events in the Far West. Private Coaches must also file a form with the FWS office with all appropriate details. The FWS office will provide race organizers with an updated copy of the coaches' rosters prior to their event(s).

### **Coaches Education**

FWS encourages coaches to maintain current coaching philosophies through continuing education. The division strives to offer informal forums to keep coaches abreast of current techniques and issues. Coaches are encouraged also to participate in the USSCA and PSIA education programs. Each year a number of educational opportunities are available through these national associations.

FWS sponsors coaches' scholarships, available only to Far West coaches. These scholarships are to be used for continuing education such as the USSA National Coaches Academy. To be considered for this scholarship, a written request should be submitted to the FWS office by March 1. The Coaches Chair person in conjunction with the Far West BOD will award these scholarships.

## **Far West Alpine Officials**

Licensing of an alpine official by FIS or USSA is an implied guarantee to sponsoring organizations that an official is qualified, thoughtful and conscientious, and will do a good job for the club or race organizer that uses him or her. Designation as an advanced level alpine official does not indicate a progression through proficiency tests or merit badges, but rather it represents recognition of proven judgment, ability and service. Alpine officials are expected to be active and up-to-date or they could lose their level of certification for inactivity.

The FWS officials program follows the rules of the USSA Alpine Officials program and uses its requirements. For details, consult the *USSA Alpine Competition Guide*.

FWS holds its annual meeting in the fall to update all of its alpine officials and race organizers. All licensed alpine officials should attend these meetings. It is mandatory for Technical Delegates (TD) to attend this annual fall clinic to maintain certification and to receive assignments, a minimum of every two (2) years. Referee's, Jury Advisors (i.e. start and finish refs) are required to attend an update/clinic every two (2) years to maintain certification. Coaches must be a current referee in order to be a jury advisor or a course setter. Race organizers are required to take part in the fall clinic prior to the season in which they host race events; the FWS ACC may re-site a race if the race organizer fails to attend.

FWS will also schedule officials' clinics throughout the season in each of its geographical areas. Dates and locations will be announced through the Far West Website and via email to the clubs/programs/teams of Far West.

The FWS Alpine Officials Chair will make TD assignments for all USSA/Far West races and will inform each race organizer of the appointment well in advance.

## Far West Ski Team

The Far West Ski Team (FWST) recognizes the top racers in the Far West who are good examples for developing racers. The FWST has a maximum size of fifteen (15) based on J1 and J2 gender population from the September 1st membership list received by the Far West office from USSA. The 2009-10 FWST is comprised of eight (8) men and seven (7) women. To be eligible to the FWST, a competitor must:

1. Fulfill all USSA, FWS and FIS membership requirements by September 1 (if age eligible)
2. Have an "F" number
3. Have competed in USSA/Far West and Western Region FIS (if age eligible) races the previous season, as a Far West member.
4. Must be participating in the Western Region Elite Series, or Nor-Am Series, in addition to the current divisional requirements. Compliancy within the Regional or Divisional regulation defines participation with a full time program registered with Far West
5. College athletes who are members of their school's traveling team are not eligible for the FWST
6. Mids must submit an Intent to the Far West office by August 15 to be eligible for the FWST
7. Have less than 90 points in two (2) disciplines, if a male competitor
8. Have less than 100 points in two (2) disciplines, if a female competitor

### Additional Qualifiers for FWST

9. If an athlete is in the overall top 10 at the J2 Nationals.
10. If an athlete is the winner of a discipline or overall champion at the Western Region Junior Championships.

The ACC, using a modified International Team Selection Board method, selects the FWST from the July 2009 USSA points list, the last published list for 2009. Eligible competitors are listed by points in each discipline. Going from left to right and top to bottom on the list, a competitor is selected for the FWST when he/she shows up the second time.

Current U.S. Ski Team members (A, B, C and Development) are not eligible for the Far West Ski Team. The Far West Ski Team must be approved by the Far West Board of Directors.

Any FWST quota spots not filled are available for competitors to ski on to the FWST during the season. A selection board is created, with the FWST members removed, when the January, February and March USSA points list are valid. Any open slots are filled from these selection boards using the same requirements. Men can only fill open men's slots and women can only fill open women's slots.

All FWST members must submit a signed "Far West Ski Team Contract," "Credit Card Authorization" and coach's contact that is registered with a Far West program plus a jpeg photo by the designated deadline to receive the following FWST benefits:

1. Free lifts at all USSA/Far West races
2. Free entries at all USSA/Far West races
3. FWST Pass for free skiing at participating Far West ski areas
4. FWST uniform
5. Entries to the 2010 Western Region FIS Spring Series to be held at Mission Ridge, if all contract requirements have been fulfilled .

Note: The above rules are for the selection of the **2010** Far West Ski Team only. Due to factors outside the control of Far West, such as publication dates for future year's USSA membership and point's lists, the selection procedure is reviewed, revised if necessary, and approved by the Far West ACC in the summer for inclusion in each year's manual.

## **Far West Development Ski Team**

The Far West Development Ski Team (FWDST) recognizes developing junior athletes in the Far West. The 2010 FWDST has a maximum size of ten (10), five (5) men and five (5) women. Selections are based on a continuation of the FWST boards.

Additional qualifier to the FWDST

1. J3 Junior Olympic winners from the previous season are named to the team.

All FWDST members must submit a signed “Far West Ski Team Contract,” and “Credit Card Authorization” and coach’s contact that is registered with a Far West program (see *Appendix* for forms) by the designated deadline to receive the following FWDST benefits:

1. FWDST uniform
2. Reimbursement of eight (8) entries for USSA/Far West races if contract is fulfilled.

Note: The above rules are for the selection of the **2010** Far West Development Team only. Due to factors outside the control of Far West, such as publication dates for future year’s USSA membership and point’s lists, the selection procedure is reviewed, revised if necessary, and approved by the Far West ACC in the summer for inclusion in each year’s manual.

## **Far West Emeritus Ski Team**

The Far West Emeritus Ski Team is composed of recently retired U.S. Ski Team athletes from the Far West. Team members receive complimentary lift tickets and entry fees to all USSA/Far West races to encourage their participation.

## **Far West Honorary Ski Team**

The Far West Honorary Ski Team honors athletes from the Far West who are current members of the U.S. Ski Team.

## **Far West Academic Team**

The Far West Academic Team recognizes current Mid - J3 athletes in the Far West whose grade point average for the previous season’s spring semester was 3.5 or better. The athletes must be registered Mid- J3’s during the spring academic period. Athletes are invited to send a legible copy of the spring report card to the FWS office by September 15, in order to be named to the Far West Academic Team. The Far West Academic Team is announced at the FWS Fall Meetings.

## **Far West Special Awards**

The procedure for selections for the Far West Special Awards (Jinny Glass Award, Jill Kinmont Award, Bill Mackey Award, Stanley Walton Award, Far West Volunteer of the Year Award, Dave McCoy Award and Rookie Coach of the Year) is as follows:

All voting will be done by the ACC. Voting takes place at the final ACC (spring) meeting. All ACC members may vote or give their proxy vote to another member. No others will be allowed to vote. Nominations will be submitted to the ACC Chairman in writing before the spring ACC meeting. At the spring meeting, all votes will be tallied. All Far West Special Awards will be presented/announced at the season’s end.

A list of these awards can be found in the *Appendix*.

## **Far West Masters Development Scholarship**

The Far West Masters raise money annually, which they award to Far West junior racers with talent, an exemplary work ethic and financial need. To insure the money is used for ski racing expenses, the funds are deposited in the FWS Racer Account. Each Far West athlete has a racer account ledger card; the money is credited to each recipient’s “account.”

Far West Master’s Scholarship requirement and application can be downloaded at [www.fwskiing.org](http://www.fwskiing.org) after July 1 of each year. Master’s Scholarship applications are due by September 15th annually. Scholarships applications are reviewed and awarded by the Far West Master’s program.