

# 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>
1	00001	Racer 1	1987	FW	57.10	54.02	01.51.12	0.00	30.34
2	00002	Racer 2	1986	FW	57.74	54.17	01.51.91	6.26	36.60
3	00003	Racer 3	1988	FW	57.84	55.03	01.52.87	13.86	44.20
4	00004	Racer 4	1986	FW	58.78	54.18	01.52.96	14.57	44.91
5	00005	Racer 5	1987	FW	58.48	54.89	01.53.37	17.82	48.16

## 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>
1	00003	Racer 3	1988	FW	55.58	54.57	01.50.15	0.00	33.02
2	00002	Racer 2	1986	FW	56.33	55.12	01.51.45	10.39	43.41
3	00004	Racer 4	1986	FW	55.89	55.56	01.51.45	10.39	43.41
4	00001	Racer 1	1987	FW	55.49	56.08	01.51.57	11.34	44.36
DNF2	00005	Racer 5	1987	FW	57.44	0.00	0.00	990.00	

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 WR JR Champs 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 and Far West US Ski Team Members do not appear on the Far West's Western Region Elite FIS Series selection boards that state 'Automatics + quota' and thus do not count against Far West quotas; rather, Western Region Automatics are in addition to Far West quotas to Western Region FIS Series.

### **MIDS, US Ski Team Members and athletes with 990 in a discipline, Selection to FIS Races**

Far West does not include athletes who have turned 25, on or before December 31<sup>st</sup> of the current season, 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. 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.**

All current US Ski Team members will not appear on any Far West selection boards. Current US Ski Team members are encouraged to race in any Far West or Western Region races that their schedules permit. They will be given first priority in the discretionary selection procedure.

Any athlete that has 990 points in a discipline will not be included in that disciplines' points column on the selection board.

### **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 WR JR Champs and the WR J3 Junior Championships: the FW office will be organizing the entire trip and coaching staff. Wax will not be included in the Jr Champs 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 Jr Champs 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 the WR Jr Championships and the J3 Junior Championship 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.

## **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