

**United States Telemark Ski Association
Competition and Organizer's Guide**



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This guide includes two sections. Section One contains information and rules regarding United States Telemark Ski Association (“USTSA”) event organization; organizing bodies, and official positions. Section Two includes all rules relevant to events and competitors. Race organizers should read and understand both sections. Racers should read and understand Section Two.

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SECTION 1 – EVENT ORGANIZING

1. Event Organizing and Sanctioning

1.1 Organizing

- 1.1.1 Whether organizing a national event or a local race, most of the organizing activities are the same. The degree to which the organizer pursues each of these activities is relative to the scale of the event. For example, a local race might do well with one course setter and one batch of prizes from local shops, and a nice spread of chips and dip for the awards party. The organizing of these race aspects takes on more complexity within a large event. Some examples: course setters must be elected for each run, awards should include medals or trophies which describe the event, and such events may include an awards banquet and ceremonies. Regardless of the level of competition, race organization should be thoroughly in place and officials prepared to run the best possible event(s) under the worst possible conditions.
- 1.1.2 An Organizer's Guide is available at www.ustsa.org to help race organizers plan, budget and carry out a successful race.

1.2 Sanctioning

- 1.2.1 Sanction forms must be filed in order for a race to be sanctioned. Sanction forms must be submitted to USTSA by race organizers at least 6 weeks prior to an event. Sanction forms are available on USTSA's website in the "Forms" section.
- 1.2.2 All racers must have either an annual or event license to have their USTSA points calculated at a sanctioned race. In addition, the racer must have a competitive membership to race in the Elite Category at the US Telemark National Championships.
- 1.2.3 Race results, event licenses and payment, and the original signed copies of the USTSA waiver forms must be sent in to USTSA within 5 days of race completion. USTSA officials will calculate the points for each race.

2 The Three Major Committees: Race Organizer, Race Committee, and Race Jury

2.1 Overview

- 2.1.1 The following is a thorough breakdown of committees and responsibilities. In a small race, fewer people may handle these duties. However, the responsibilities must all be met if the race is going to be sanctioned by USTSA and be successful. In a National Championship event, some of these committee positions could be consolidated. In an FIS international event, these positions should all be separately filled. (Note: this Competition Guide will not include the complete guidelines and rules necessary for an FIS event. Please contact USTSA for FIS Telemark Rules.)

2.2 Race Organizer or Organizing Committee

- 2.2.1 The person or body that makes the necessary preparations and directly carries out the running of the event is known as the Race Organizer.
- 2.2.2 The United States Telemark National Championship requires that a person or committee be appointed for race organization. This committee should include a Committee Chairman, Secretary, Chief of Race, and Treasurer. Additionally, the committee may establish groups to organize lodging, logistics, awards, and social events.
- 2.2.3 The Race Organizer must appoint a Race Committee to supervise the technical aspects of the competitions.

2.3 Race Committee

2.3.1 Overview

- 2.3.1.1 Supervise competition.
- 2.3.1.2 The Race Committee shall include a Chief of Race, Chief of Course, Chief Gate Judge, Chief of Timing and Calculation, Race Secretary, and Referees.
- 2.3.1.3 The Chief of Race shall supervise the Race Committee.
- 2.3.1.4 The Race Committee may nominate course setters and forerunners.

2.3.2 Chief of Race

- 2.3.2.1 Chairman of the Race Committee.
- 2.3.2.2 Member of the Organizing Committee.
- 2.3.2.3 Member of the Jury.
- 2.3.2.4 Calls committee meetings.
- 2.3.2.5 Acts as chairman of the team captains meeting, upon consultation with the Technical Delegate (“TD”).
- 2.3.2.6 In charge of overall on hill activities.

2.3.3 Chief of Course

- 2.3.3.1 Member of Jury.
- 2.3.3.2 Supervises “on-hill” activities.
- 2.3.3.3 Ensures that race courses are properly prepared in accordance with the decisions of the race committee and jury.
- 2.3.3.4 Familiar with local terrain and snow conditions.
- 2.3.3.5 Supervises course maintenance and race clean-up.

2.3.4 Chief Gate Judge

- 2.3.4.1 Organizes and supervises gate judges.
- 2.3.4.2 Instructs gate judges in their duties.
- 2.3.4.3 Designates placement of gate judges.
- 2.3.4.4 Distributes materials needed by gate judges (gate cards, pencils, etc.).
- 2.3.4.5 Collects and delivers gate cards to Chief of Timing.

2.3.5 Chief of Timing and Calculations

- 2.3.5.1 Supervises all timing and penalty officials at start and finish lines.

2.3.6 Race Secretary

- 2.3.6.1 Complete secretarial work for the race.
- 2.3.6.2 Prepare bib assignments.
- 2.3.6.3 Maintain the start list and official results.
- 2.3.6.4 Notate minutes for the race committee, juries, and the captains meetings.
- 2.3.6.5 Timely prepare and distribute forms required for gate judging, start, finish and timing calculations.
- 2.3.6.6 Receive and distribute official protests.
- 2.3.6.7 Duplicate and distribute race results.

2.4 Race Jury

2.4.1 Overview

- 2.4.1.1 A Race Jury is necessary in races containing 35 or more participants.
- 2.4.1.2 Race Jury should include Chief of Race, TD, Chief of Course, Referee and Assistant Referee.
- 2.4.1.3 Supervise race safety and protest resolution.
- 2.4.1.4 Monitor rule adherence.

2.4.2 Chief of Race

- 2.4.2.1 See duties listed in Section 2.3.2

2.4.3 Technical Delegate (must have US Alpine and/or FIS TD certification. For smaller, local races a licensed referee will be acceptable)

- 2.4.3.1 Chief of race jury.
- 2.4.3.2 Calls and conducts all jury meetings.
- 2.4.3.3 Retains vote in case of tie.
- 2.4.3.4 Reviews homologation files.
- 2.4.3.5 Reads TD report and ensures that previous requests have been met.
- 2.4.3.6 Inspects liability insurance certificate.
- 2.4.3.7 Inspects competition and training courses.
- 2.4.3.8 Controls gate flag fastening.
- 2.4.3.9 Verifies official entry list.
- 2.4.3.10 Verifies the validity of competitor licenses.
- 2.4.3.11 Verifies that all jury members have radios.
- 2.4.3.12 Verifies the race course regarding preparation, marking, crowd control, and layout of start and finish areas.
- 2.4.3.13 Supervises first aid services availability and location.
- 2.4.3.14 Confirm all technical installations; i.e. timing, hand backup timing, communications, and lifts.
- 2.4.3.15 Must be present during assigned race for the duration of the race.
- 2.4.3.16 Advises organizers regarding rules and infractions.
- 2.4.3.17 Aid referees with disqualification reports and submits protests to jury.
- 2.4.3.18 Signs official result list of race secretary.
- 2.4.3.19 Complete TD report and file with USTSA.
- 2.4.3.20 May interrupt or terminate event for lack of safety compliance.
- 2.4.3.21 May recommend racer disqualification to jury.

2.4.4 Referee (must have US Alpine and/or FIS referee certification)

- 2.4.4.1 Draws start numbers.
- 2.4.4.2 Inspects course immediately after course set.
- 2.4.4.3 May change course by adding or removing gates. Must inform setter.
- 2.4.4.4 Receives infraction reports from start and finish referees and Chief Gatekeeper at the end of each run.
- 2.4.4.5 Post times and list disqualifications (“DQ”) after each run at start and finish.
- 2.4.4.6 Submit referee report to USTSA.

2.4.5 Assistant Referee:

- 2.4.5.1 Assist referee in all race related duties.

3 Other Official Positions

3.1 Course Setter

- 3.1.1 Nominated by race committee or team captains.
- 3.1.2 Sets course in presence of TD or other jury member.

- 3.1.3 Sets courses with regard to safety, snow, and terrain conditions, and with regard to the organizers specifications and USTSA regulations.
- 3.1.4 The Telemark courses and GS sections of the Classic and Sprint Classic should follow the basic rules for gate-to-gate distance as is used in alpine courses. The distance between Telemark gates should be 22-28 meters vertically with 25 meters being ideal for Telemark racing. As a general rule the offset should be 5-7 meters horizontally. A well-set course will allow the racer to push their limits while still maintaining the elegance and fluidity that the Telemark turn is known and judged for. The offset should always vary depending on the pitch of the hill and should still be enough to challenge the entire field. It should also be used to control speed so that a course is not deemed dangerous.

3.2 Medical Technicians

- 3.2.1 Shall be retained by the Organizing Committee and shall have access to the course.
- 3.2.2 Must have first aid or ski patrol qualifications.
- 3.2.3 Must have equipment and facilities to treat and/ or move critically injured persons to local medical centers.
- 3.2.4 All races must have enough medical personnel on hand to treat multiple injury situations. The number of medical technicians on hand for each event shall be determined based on the host-resort's recommendations.

3.3 Gate Judges (see section 6)

- 3.3.1 Shall be appointed by organizer.
- 3.3.2 Must have full knowledge of gate judging rules (see GATE JUDGING, section 6).
- 3.3.3 Work under the direction of the Chief of Gate Judges.
- 3.3.4 Must be present and in position on course 15 minutes prior to each run.

3.4 Forerunners

- 3.4.1 Three forerunners are recommended for each run. The jury shall determine the forerunners.
- 3.4.2 Must wear a bib.
- 3.4.3 Must have sufficient skiing ability to complete course in racing fashion.

3.5 Start and Finish Officials

- 3.5.1 **Starter**
 - 3.5.1.1 Responsible for warning signal and start command as well as the accuracy of the intervals between these commands.
- 3.5.2 **Assistant Starter**
 - 3.5.2.1 Calls competitors to the start in the correct order.
- 3.5.3 **Start Recorder**
 - 3.5.3.1 Records the actual start times of all competitors.
- 3.5.4 **Chief Timekeeper**
 - 3.5.4.1 Responsible for overall timing accuracy and for giving the starter the "all-clear" signal.
- 3.5.5 **Finish Controller**
 - 3.5.5.1 Records finish order of competitors and oversees that competitors cross the finish line correctly.
- 3.5.6 **Chief of Calculations**

- 3.5.6.1 Ensures the prompt and accurate calculation of results including the race penalty. Together with the Race Secretary, the Chief of Calculations is responsible for the production of all results lists, including intermediate run lists.

4 Required Race Equipment

4.1 Gate Setting

- 4.1.1 27 or 30 mm hinged gates with red and blue panels, including extra gates to replace broken ones.
- 4.1.2 Yellow Panels (required for non-judged turns)
- 4.1.3 Cordless drill, drill bit, and drill batteries
- 4.1.4 Gate keys

4.2 Other Equipment

- 4.2.1 Shovels and rakes
- 4.2.2 Dye
- 4.2.3 Course Radios
- 4.2.4 Bibs
- 4.2.5 Racer biography forms
- 4.2.6 Scoreboard
- 4.2.7 Gate Judge Score cards and radios if used by judges

SECTION 2 – COMPETITION

5 Competition Rules

5.1 Timing

- 5.1.1 Hardwired timing must be used for all events. A waiver may be requested of the USTSA Board to use wireless timing under special circumstances.
- 5.1.2 Timing must be measured to the 1/100ths of a second. Equipment measuring 1/1000ths of a second shall have the 1/1000ths ignored, even if two competitors are tied to the 1/100th.
- 5.1.3 The electronic timer must have a printer for registration of times. This timer should be battery operated and independent of the main electric current supply.
- 5.1.4 There should be two manual timing watches as a backup system to electronic timing. This system may use watches showing the racers course time, or synchronized watches registering the start and finish times.

5.2 Start

- 5.2.1 **Start Area:** The start area shall be closed off to everyone except the starting competitor, one trainer, and the starting crew.
- 5.2.2 **Start Ramp:** The ramp must include a flat top upon which the competitor may stand relaxed without gliding forward or back.
- 5.2.3 **Start Procedure:** Nobody may assist the racer. The racer may plant his/her poles in front of the start line, and push off with their poles only. To push off from the start posts or any other erected aid is prohibited.
- 5.2.4 **Start Signals:** When electronic timing and fixed intervals are used, the starter tells each competitor “ten seconds”. Five seconds before the start, he shall count “5, 4,3,2,1” and then give the start command “go” with the command on the exact start time.
 - 5.2.4.1 Instead of counting down, an acoustic signal or light signal can be used. The competitor should be able to see the start clock if possible.
 - 5.2.4.2 When electric timing without fixed start intervals is used, there is no counting down. When the starter gets the all-clear signal from the chief of timing, he gives the start command to the competitor as soon as the competitor is ready. One competitor need not be over the finish line before the next may start.
 - 5.2.4.3 When the “flying start” is used for manual timing procedures (back-up) an assistant starter must give the start signal to stopwatches over radio or telephone. When the competitor is ready, the signal shall be given “competitor number (1) ready” and then “out” when the competitors feet pass the start gate.
- 5.2.5 **Registration of start times:**
 - 5.2.5.1 **Electronic timing:** the watches start when the start wand opens.
 - 5.2.5.2 **Manual timing with stopwatches:** the watches are started on signal from the starter.
 - 5.2.5.3 **Synchronized watches:** the start time is registered the moment the competitors feet are crossing the start line.
 - 5.2.5.4 **Delayed starts:** A competitor who is not ready to start on time shall be disqualified. The start referee may, however, excuse a delay caused by

legitimate reasons. Other reasons shall not be accepted. In case of doubt, the start referee may allow a start provisionally.

5.2.5.4.1 In case of an accepted or provisional delayed start, the competitor shall start as soon as possible with a normal start interval. If a competitor wants to protest the decision of the start referee, they may by contacting the TD immediately. If the TD allows for a delayed start or a provisional start, the round is not completed until that competitor has finished their run.

5.2.5.5 **Valid and false starts:** the competitor must always start on the given start command.

5.2.5.5.1 Competitors starting more than 5 seconds before the start command will be disqualified.

5.3 Finish

5.3.1 The finish area:

5.3.1.1 Behind the finish line there must be a fenced-off area sufficiently prepared and long enough to allow the competitors to slow down and stop with ease and without danger.

5.3.1.2 The finish posts and timing equipment must be properly covered to protect the competitors and equipment. The finish line must be set apart with colored markings in the snow.

5.3.1.3 The distance across the finish line must be at least 10 meters.

5.3.2 For a valid finish, the racer must:

5.3.2.1 Cross the finish line on both skis.

5.3.2.2 With one or both feet without skis if the loss of skis was caused by a fall at or after the last gate immediately before the finish and the racer fell through the finish during the fall.

5.3.2.3 If a racer loses a ski during the race, the racer will be disqualified and must exit the course.

5.3.2.4 The finish line may only be crossed once. Once crossed, the racer is through with the run.

5.3.3 Electric Timing Failure: In case of electric timing failure, the manually recorded times will be valid.

5.3.3.1 Should 25% of any run rely on manual timing, the entire run shall be based on the manual timing.

5.3.4 If a competitor breaks their run with a fall or faulty gate passing:

5.3.4.1 The finish referee must keep the watches running until the course clear signal has been given.

5.3.4.2 It is up to the racer to continue their run immediately, or to give signal of that intention to a gatekeeper, or they will be disqualified.

5.4 Announcements

5.4.1 **DQS:** Immediately after each run the list of disqualifications must be posted on the official score board. The list must include the time of posting, the time limit for protests and the protest fee, and it must be signed by the referee.

5.5 Results

5.5.1 The official results must include the time of every competitor who has not been disqualified.

5.5.2 Each run should be listed separately and with separate columns for each run's penalties.

- 5.5.3 **Slalom** and **Telemark** events are two run combined time with penalties.
- 5.5.4 **Classic** events are scored as one run with penalties.
- 5.5.5 **Sprint Classic** must be a two run event with penalties if average course time is between 50-70 seconds for the 5 best senior men.
- 5.5.6 **Combined event results**, i.e. regional championship or US Nationals overall results, are calculated by combining the event race points of the combined disciplines (See Section 5.5.7). Often in 3 discipline events, the best 2 of 3 race finishes are combined for each competitor. In 4 discipline events, the best 3 of 4 race finishes are used. Ties shall be broken using the combined total time for all disciplines. In the case of a tie where one athlete has a DNF or a DQ, the athlete that has finished all the races shall be awarded the tiebreaker. In the case of a tie and both athletes have a DNF or a DQ in different events i.e., one DNF's in slalom and the other in the Classic, the tie breaker shall be based on the lowest combined times of the events that both athletes finished.
- 5.5.7 USTSA national level combined events, events race points are as follow:

1 st place = 26pts	8 th place = 13pts	15 th place = 6pts
2 nd place = 22pts	9 th place = 12pts	16 th place = 5pts
3 rd place = 19pts	10 th place = 11pts	17 th place = 4pts
4 th place = 17pts	11 th place = 10 pts	18 th place = 3pts
5 th place = 16pts	12 th place = 9pts	19 th place = 2pts
6 th place = 15pts	13 th place = 8pts	20 th place = 1pt
7 th place = 14pts	14 th place = 7pts	

- 5.5.8 The official results list should include the following:
 - 5.5.8.1 The name of the organizing club, location, date, title and description of the event.
 - 5.5.8.2 Technical data including name of the run, homologation #, start and finish elevations, number of gates, and course setters.
 - 5.5.8.3 Signature of TD or referee must be present verifying the legitimacy of the event in accordance with USTSA rules.
 - 5.5.8.4 Competitor finish order, competitor license number, bib number, name, club, time obtained in each run, penalty time for each run (designated: gate/ jump distance/ jump landing for Classic event), and total time in seconds.

5.6 Awards

- 5.6.1 Award ceremonies should not be held before the completion of the race.
- 5.6.2 Awards are typically given to the top 3 finishers in each category.
- 5.6.3 Racers are grouped by gender. Racers may be further categorized by age or skill levels.
 - 5.6.3.1 Elite
 - 5.6.3.2 Citizens
 - 5.6.3.3 Masters - It is common to recognize an age over 40 masters category
 - 5.6.3.4 Juniors (1 and 2) Two junior classes shall be used at Nationals and may be used at other events at the discretion of the race organizer. Junior 1 shall be age 14-17 and Junior 2 shall be age 13 and younger. Ages for classification are as of December 31 of the race year as defined by USSA.

5.7 Start Order

- 5.7.1 At most regional races, the start is bib order, first to register, first to start. All citizens' classes usually run before Elite, and men run after women within the same category.
- 5.7.2 At the US Nationals, the start order will be Elite Women then Men, followed by Junior 2 women and men, Junior 1 women and men, Citizens women and men and then Masters women and men. All Elite racers shall be seeded for first run according to their national points ranking for that discipline, with the top fifteen randomly mixed.
- 5.7.3 Second run start order should be by the first run results with the top fifteen reversed. If this is not possible, than first run order is allowed.
 - 5.7.3.1 2nd run start orders and DQ's should be posted at the scoreboard and at the start before 2nd run inspection closes.
- 5.7.4 At the US Nationals, only racers with USTSA Competitive licenses will be allowed to race in the Elite category. Racers that purchase an event license will not be allowed to race in the Elite category.

5.8 Late Entries

- 5.8.1 Competitors arriving late for registration may be allowed to race if there is enough time to issue a bib, and enter the relevant information into the registration system prior to the race start time. Such competitors should expect to run at the back of their class and gender. Any racer who arrives after jump practice has closed will not be allowed to race.

5.9 Re-Runs

- 5.9.1 A competitor who is hindered while racing can apply to any member of the jury for a re-run immediately after the occurrence of the interference.
 - 5.9.1.1 This claim can also be made by the team captain of that competitor.
 - 5.9.1.2 The competitor must leave the course immediately after the interference and may not ski further through the gates, nor cross the finish line.
- 5.9.2 Grounds for interference are as follows:
 - 5.9.2.1 Blocking of the course by an official or spectator.
 - 5.9.2.2 Blocking of course by an animal or other hindrance.
 - 5.9.2.3 Blocking of the course by a competitor who has fallen or in other ways not cleared the course.
 - 5.9.2.4 Objects in the course such as lost equipment of a previous competitor.
 - 5.9.2.5 Activities of first aid service hindering the competitor.
 - 5.9.2.6 In the absence of a gate, the competitor must stop within two gates for a re-run. If the competitor continues down the course, the gate keeper must note the competitor as having successfully turned around that gate (regardless of which side and in what style the competitor turned).
- 5.9.3 In the event the jury cannot determine whether a re-run is warranted sufficiently, a provisional re-run may be granted until the validity of that run can be determined as soon as possible.
- 5.9.4 If the claim for a rerun is ever shown to be unjust, the competitor is disqualified.
- 5.9.5 A competitor who has finished their run and whose time has been recorded may not have a re-run.

- 5.9.6 When a re-run is granted the competitor must return to the start as soon as possible, and will start with a normal start interval as soon as they have reported to the starter.

5.10 Race Termination

- 5.10.1 The jury has the right to interrupt/cancel the race if the safety of the competitor is in danger or if the conditions make it impossible to carry out the event according to the rules. Before the decision is taken, the jury must ensure that it will not be possible to continue in a safe way after a shorter or longer interruption.

5.11 Disqualifications

- 5.11.1 A competitor is disqualified by the TD or jury if they have been deemed as sufficiently violating the rules of racer conduct, or
- 5.11.1.1 have not represented their registration data accurately, or
 - 5.11.1.2 have failed to complete the course according to the rules.
- 5.11.2 Example grounds for disqualification are:
- 5.11.2.1 Endangering others safety or property.
 - 5.11.2.2 Participating in the wrong race class.
 - 5.11.2.3 Entering or training on a course closed for competitors.
 - 5.11.2.4 Inspecting the course in an illicit way.
 - 5.11.2.5 Altering the course.
 - 5.11.2.6 Altering bib or start order.
 - 5.11.2.7 Being too late to start, or makes a false start.
 - 5.11.2.8 Failing to pass the finish line in accordance to the rules.
 - 5.11.2.9 Failing to pass on the correct side of each gate with both ski tips and feet.
 - 5.11.2.10 Failure to negotiate jumps, 360° turns, cross-country sections, and other obstacles.
 - 5.11.2.11 Accepting help that is not allowed for in the rules.
 - 5.11.2.12 Failing to give way upon first signal to an over taking competitor.
 - 5.11.2.13 Violating equipment rules.
- 5.11.3 Disqualifications should be included at end of results sheet, and on TD report to USTSA where applicable at national level events.

5.12 Protests

- 5.12.1 Trainers/coaches, team captains, and competitors may submit protests.
- 5.12.2 Protests against admittance of competitors or their competition equipment shall be submitted to the race secretary before the race starts.
- 5.12.3 Protests against the course must be immediately dealt with during the inspection and the team captains meetings.
- 5.12.4 Protests during the race shall be submitted to the race secretary or TD by the posted time limit after that run.
- 5.12.5 Protests deadlines are 15 minutes after the run.
- 5.12.6 There is a deadline 24 hours after the unofficial results are posted if the protest concerns timing or calculation.
- 5.12.7 All protests must be submitted in writing within the deadlines specified, to the race secretary or TD, and shall be accompanied by 50 US dollars refundable if the protest is upheld.
- 5.12.8 At the protest vote, only jury members shall be present.
- 5.12.9 The decision is to be made public immediately.

- 5.12.10 Any appeals to the protest decision must be made within 24 hours to both the TD and USTSA office official, for discussion and committee vote with a response available as soon as possible.

6 Gate Judging

6.1 Overview

- 6.1.1 A gate judge must have full knowledge of the rules concerning correct passage of the gates, the Telemark Turn Rule (Section 6.2), and other rules and instructions for gate judges.
- 6.1.2 A gate judge's decision must be clear and unbiased.
- 6.1.3 The gate judges are appointed by the organizer, whose responsibility it is to have available a sufficient number of qualified judges.
- 6.1.4 It is recommended that National events should have no more than 2 gates per judge for GS and Classics, and no more than 7 gates per judge during slaloms.
- 6.1.5 Correct passage of gates occurs when both the competitor's ski tips and both feet have passed across the gate line. This rule is also valid when a competitor has to climb back up to a gate.
- 6.1.5.1 The gate line in Telemark, SC and Classic, where a gate consists of two pairs of poles holding banners between them, is the imaginary shortest line between the two inner poles at snow level. Where a gate consists of a single pair of poles holding a banner between them, the gate line is the imaginary shortest line between the inside two turning poles.
 - 6.1.5.2 The gate line in single gate SL is the imaginary shortest line between the inside turning poles. In a single pole slalom set the gate line is the imaginary shortest line between the two turning poles.
 - 6.1.5.3 In the event that a competitor removes a pole from its vertical position before both of the competitors ski tips and both feet have passed the gate line, the ski tips and feet must still pass the original gate line (marking in the snow).
 - 6.1.5.4 If a racer misses a gate, he may climb back to the gate, either around the outside of the gate and then through the gate or climb up between the gate poles, crossing the "gate line", turning and then skiing through the gate. Both competitors' feet must pass across the gate line heading down the hill.
 - 6.1.5.4.1 In a single gate set, if the racer has not correctly passed the imaginary line from inside turning pole to inside turning pole and does not follow the natural race line, then he has climb back up and pass around the missed gate.
 - 6.1.5.4.2 In a single pole set often used in Slalom races, if the racer has not correctly passed the imaginary line from turning pole to turning pole and does not follow the natural race line, then he has to climb back up and pass around the missed turning pole.

- 6.1.5.5 Failure of correct passage of any gate shall result in a disqualification recorded by that gatekeeper or official.
- 6.1.6 The gate judges' responsibility to the racer on course begins when the racer has exited the gate above the topmost gates designated to that gate judge, and continues until the racer has passed through the last gates designated to that judge.
- 6.1.7 It is not allowed to change competition equipment during the race, with the exception of broken pole(s).
- 6.1.8 The gate judge must concentrate on deciding whether the competitor has made correct passage around the gates, and has done so while executing the three aspects of the Telemark Turn technique.

6.2 Telemark Turn Rule

- 6.2.1 The Telemark Turn-Rule shall be judged such that if the following 3 criteria are met, the racer has performed that Telemark turn correctly.
 - 6.2.1.1 The inside ski is trailing the lead ski to the extent that the tip of the trailing boot is at least one "boot length" behind the heel of the lead boot, measured in the direction of the ski.
 - 6.2.1.2 The heel of the trailing foot is visibly off the ski.
 - 6.2.1.3 Once the trailing foot starts to move forward and becomes less than one boot length behind the lead foot, it must move continuously through into a position where it is at least one boot length in front of the other foot.
- 6.2.2 Skating steps are permitted as long as the rules in section. 6.2.1.1 - 6.2.1.3 is adhered to.
- 6.2.3 The turns must be linked together in one single, uninterrupted movement from one telemark turn to the next. At all times there must be at least one boot length between the tip of the inner boot and the heel of the outer boot unless the next turn is being executed.

6.3 Penalty

- 6.3.1 The racer shall be assessed a one second penalty for each gate not negotiated in a correct Telemark turn.
- 6.3.2 Only one penalty may be given per gate for each racers run.
- 6.3.3 It is the gate judge's responsibility to decide whether these turning criteria have been met by each racer, through each of their gates.
- 6.3.4 Because the gate judge's decision is final and indisputable, the gate keeper should be sure that an infraction has occurred before recording a penalty on the gate judging card.
- 6.3.5 If there is any doubt as to whether, or not, a competitor has met one of the 3 turn-rule criteria, the racer should not be penalized.
- 6.3.6 If a racer falls through a gate, FIS rules designate that the "fall" is equivalent to a penalty. Accordingly, no additional penalty shall be assessed.
 - 6.3.6.1 If a racer passes through a gate on one ski only, the racer shall receive a penalty for that gate, finish gate excepted.
- 6.3.7 The gate judge should not refer to anybody during the race, with the following exceptions:
 - 6.3.7.1 To ask another gate judge about a racers bib number.
 - 6.3.7.2 To talk to another official about immediate race concerns, i.e. asking for assistance in setting up a fallen gate, or to the TD regarding a rerun, etc.

- 6.3.7.3 To inform a racer, when asked, whether or not the racer has made correct passage of a gate, the gate judge could say “Go back to that gate!” or “Go ahead, you made that gate!”
- 6.3.8 The Chief of Gate Judges and assistant chief will be the primary contacts for the gate judges during the race.
- 6.3.9 Each gate judge shall be issued a copy of the turn rule.
- 6.3.10 Each gate judge will receive gate judge cards to be used during the race to record racer gate passage and penalty information.
 - 6.3.10.1 Only incorrect gate passages should be recorded on the card, and should be indicated with a “DSQ” in the appropriate column for that racer.
 - 6.3.10.2 Racer penalties will be denoted on the card for each of the judge’s gates where the racer doesn’t meet all three turn-rule criteria.
 - 6.3.10.3 The cards should have space to record; race title, date, name of gate judge, number of gates in that section, room for simple sketches (for illustrating disqualifications), and 1st or 2nd run designation.
 - 6.3.10.4 The gate judge should be able to lend witness account of any disqualifications or interference situations in their gate area. The judge should note the details of such occurrences on the official card, and continue judging of the racers.
- 6.3.11 The gate judge duties include replacing fallen gates back into their exact positions.
- 6.3.12 The gate judge should keep the course clear of spectators and debris.
- 6.3.13 Gate judge should inform all racers that seek reruns to seek out the TD immediately.
- 6.3.14 The gate judge must position himself or herself where they can see their section best and yet not hinder the racers. They should not stand in front of the gates; the racer must have an unobstructed view of the terrain and course.
- 6.3.15 The gate judges should be in position 15 minutes before the start of the race with their gate judge cards, pencils, and should not leave until dismissed after the Chief of Gate Judges or an assistant has collected their gate cards for that run.

6.4 Jump Judges

- 6.4.1 Jump Judges shall be present at the jump landing areas, to maintain the landing area and to judge and record the competitors distance and landing penalties, if any.
- 6.4.2 Racers must clear their respective gender distance lines or be assessed a three second penalty in Telemark, Sprint Classic and Classic events.
- 6.4.3 The minimum limit for jump distances should be set, by the TD with the Jury, so that 20-40% of the competitors reach it.
- 6.4.4 Jump distances shall be judged anywhere between the two boots.
- 6.4.5 All jumps must be landed in a Telemark position. Landing with parallel feet is allowed if the racer, directly at impact, executes an uninterrupted movement into the Telemark position. Otherwise, a one second penalty will be added to the total time of the competitor.
- 6.4.6 If the racer falls while landing, they will be assessed a one second penalty for not landing in a Telemark position.
- 6.4.7 A racer falling in the jump will also be assessed any penalties for failure to make the distance lines, unless they clear the lines with their front boot.

6.5 Noose, 360° Turn or Reipelykkje Judges

6.5.1 Noose areas are “free”, and do not require a Telemark style turn. Judges watch to make sure that the racer obeys the Telemark Turn Rule until they have crossed the marked line preceding the noose. From the marked line entry into the Noose, and around the Noose, and until they cross a marked line before the next turning gate, the racer may ski in any style.

6.6 Super-Tele Judges

6.6.1 In Telemark Classic events, there may be sections of the course that are designated as Super-Tele, which means that the racers are only required to hold a Telemark Turn position while they are turning and are free to ski in any technique in-between the turns. Once again, please note that the racer may turn anywhere they want relative to the gate. So, in Super-Tele sections, the competitor may turn above, at, or below the gate in a Telemark Turn, and may ski in any technique when in-between turns, so long as they go through all of the gates and make all turns in Telemark form.

6.7 Nordic Judges

6.7.1 The cross-country sections of classic events are “free”. There is no ski style requirement. The racer must only stay in bounds and complete the cross-country section entirely.

7 Rules For Telemark Events

7.1 Safety

- 7.1.1 Helmets designed and manufactured for the particular discipline of ski racing being contested are required for all competitors and forerunners in all USTSA events and official training. Helmets must bear a CE mark and conform to recognized and appropriate standards such as CEH.Din 1077, ASTM F2040, SNELL S98 or RS98. Protective features integral to the discipline being contested, such as chin guards on slalom helmets are permitted.
- 7.1.2 Other safety equipment such as back braces, knee pads or padded gloves may be worn at the competitor’s discretion.
- 7.1.3 All obstacles such as snow making pipes, lift towers, and woods along the outside of high speed turns must be covered by protective padding or fencing if there is risk of an out of control competitor hitting the area.
- 7.1.4 Traffic intersections between course and spectators must be closed and monitored as to prevent spectators from hindering the racer.
- 7.1.5 Snow cover must be deep enough as not to endanger the falling competitor with insufficient coverage of rocks and woody objects.
- 7.1.6 Snow cover must be groomed with no loose snow in the course area.
- 7.1.7 The course must be roped off from the general skiing area.
- 7.1.8 Jumps must direct the racer towards the center of the trail.
- 7.1.9 Race trails must be at least 30m wide; with cross-country sections must be at least 3m wide.
- 7.1.10 There must be a lift to the top of the course unless otherwise clarified before the event.

7.2 Gates

- 7.2.1 Inside gates in the course should all be marked at the snow with colored chalk or dye.
- 7.2.2 Inside gates must be breakaway gates that hinge at their base.
- 7.2.3 Outside gates may be bamboo.
- 7.2.4 All panel gates must be set such that the panel's lower edge is approximately one meter above the snow.
- 7.2.5 All panel gates must be set so the panels will be perpendicular to the direction of travel.
- 7.2.6 Inside panel gates must have both poles being breakaway type.
- 7.2.7 There should be marked lines before the first gate to signify where the racer must stop skating out of the start and assume the Telemark Turn technique.
- 7.2.8 There should similarly be a marked line across the course before the finish to signify that the racer may end the Telemark Turn technique and cross the finish in parallel.
- 7.2.9 All gates must be negotiated with the Telemark Turn technique according to the turn rule criteria, or else the racer shall receive one penalty per gate maximum.
- 7.2.10 The gates shall be set with alternating red and blue poles and/or panels, except in dual format events.
- 7.2.11 Certain sections of the race course, such as the Nordic section, may be designated as "free."
- 7.2.12 Entry and exit of "free" sections of the course should be designated with marked lines. All gates within a "free" section must be set with yellow panels.
- 7.2.13 Gates within a "free" section must be negotiated correctly or the racer will be disqualified. No penalties will be assessed to a racer within a free section, regardless of the racer's turn style or if the racer falls while within the "free" section.
- 7.2.14 Single Pole Course Set
 - 7.2.14.1 All rules specified in Section 7.2 of the Comp Guide are valid, except as follows:
 - 7.2.14.1.1 A single pole set has no outside pole, except for the first and the last gate, delay gates and combinations (hairpin vertical).
 - 7.2.14.1.2 Where there is no outside pole, both feet and ski tips must have passed the turning pole on the same side, following the natural race line of the course. If the racer has not correctly passed the imaginary line from turning pole to turning pole and does not follow the natural race line, then he has to climb back up and pass around the missed turning pole.
 - 7.2.14.1.3 Where there is an outside pole (first and last gate, delay gate and combinations) crossing the "gate line" (imaginary line from turning pole to outside pole as specified in section 6.1.5.4) is adequate.

7.3 Inspections

- 7.3.1 The competitors inspect the course on skis with bibs visible, slowly side-slipping or slowly snowplowing along the course, only. Any other movement through the gates is illegal and will result in disqualification.
- 7.3.2 Shadowing the course, either next to the gates or above the gates, while matching the courses rhythm is illegal and will result in disqualification.
- 7.3.3 The jury may disallow sliding through the gates.
- 7.3.4 The Jury may disallow any skiing on the race trail. Noose, jump, and moguls, etc., are part of the course and inspectable.
- 7.3.5 The jump must be open for practice during inspection. The competitor must execute one practice jump. A competitor who fails to make a practice jump must be disqualified. The competitors must stop in an area so no to interfere with the next competitors. The competitor must not ski through consecutive blue or red gates leading up to or exiting the practice jump.
- 7.3.6 The jump must be open long enough to allow time for each competitor to practice jump at least once. The jury decides the maximum number of practice jumps.
- 7.3.7 If the same course is used for both runs and it is necessary to move some of the gates, the competitors shall have an inspection before 2nd run.
- 7.3.8 The time reserved for inspections must be sufficiently long enough to allow the competitors two inspections. 45 minutes for Telemark, and SL, and 60 minutes for Classics are the minimum.

7.4 Rules for Telemark Race (Formerly Giant Slalom)

7.4.1 General

- 7.4.1.1 The Telemark must consist of two runs, combined time.
 - 7.4.1.1.1 Times for the 5 best male competitors must be between 35-120 seconds per run.
 - 7.4.1.1.2 The Telemark Turn Rule shall be in effect for the entire course. See Sections 6.2 and 7.2.7 - 7.2.13

7.4.2 The Course:

- 7.4.2.1 Acceptable parameters for the Telemark course are:
 - 7.4.2.1.1 Vertical drop 200-400m
 - 7.4.2.1.2 Number of directional changes shall be 11%-14% of the vertical drop.
 - 7.4.2.1.3 The trail and course must conform to all safety standards. See Section 7.1 – 7.2.6
 - 7.4.2.1.4 The Telemark contains a series of direction changes that the competitor should master with the highest speed possible while using the correct turning technique with precision linking of turn to turn.
 - 7.4.2.1.5 Gates should be set like Alpine GS, with rhythmic turns and periodic changes to the rhythm, and with regard to the terrain.
 - 7.4.2.1.6 Directional or under gates are recommended.
- 7.4.2.2 Avoid monotonous series of gate combinations.
- 7.4.2.3 Difficult gate combinations should not be set immediately after the start, closely before or after a jump, or closely before the finish.

7.4.3 Jump

- 7.4.3.1 The course should include one jump.
- 7.4.3.2 The minimum distance line for the jump should be set with chalk so that 20-40% of the competitors clear that distance during jump training.

- 7.4.3.3 A separate line for each gender shall be established before the jump training at course inspection is closed.
- 7.4.3.4 The competitor must land in a Telemark position. See Section 6.4.5
- 7.4.3.5 Failure to land in a Telemark position shall result in a one second penalty for that racer.
- 7.4.3.6 Failure to clear the distance line will also result in a three second penalty.
- 7.4.3.7 The distance of the racers jump shall be judged shall be judged anywhere between the two boots.
- 7.4.3.8 The jump must be constructed so that there is no “kicker”. The lip shall be flat or negative.
- 7.4.3.9 The lip of the jump shall not exceed 1.5 m in height.
- 7.4.3.10 The jump must be built above a knoll so that the landing area is steep in order to accept a smooth landing. Flat landings are unsafe.
- 7.4.3.11 The course immediately following the jump must be set to accept the increased speed that results from the jump with its minimum distance requirement. These next few gates should be set relatively easily to allow the racer time to control the new speed gained from the distance jump and direct it back into the GS rhythm.

7.5 Rules for Telemark Classic

7.5.1 General

- 7.5.1.1 The Classic shall consist of one run.
- 7.5.1.2 Times for the 5 best male competitors must be 100 seconds or more.
- 7.5.1.3 Telemark Turn Rule shall be in effect except where otherwise denoted as “free” section. See Section 6.2 and 7.2.7 - 7.2.13

7.5.2 The course

- 7.5.2.1 Vertical drop = 230m-500m
- 7.5.2.2 Number of directional changes shall be 11%-14% of the vertical drop.
- 7.5.2.3 The trail and course must confirm to all safety standards. See Section 7.1 through 7.2.6.
- 7.5.2.4 The ideal Telemark classic course makes high demands on all around skiing abilities.
- 7.5.2.5 The Telemark classic course must consist of (counted in time), 30-40% cross country section and 60-70% Telemark section. Each section will include the appropriate obstacles such as the jump, 360°, whoops, etc. There must also be one or two 360°, at least one jump and other elements, depending on what is possible with the terrain available. Time is based on the time of the top 5 men.
- 7.5.2.6 The giant slalom section should entail about 1/2 of the total surface length of the course. Usually the course starts in a GS to allow racers the opportunity to develop a rhythm before the obstacles are introduced. See GS rules, as above.

7.5.3 Super Tele

- 7.5.3.1 The Super-Tele section may be about 1/3 of the total surface length. It should be set like an Alpine Super-G. This is not a mandatory component, and if left out, the length should be included into the GS section. There should be a marked line above and below this section to designate the section clearly for the competitor. In this section, the Telemark Turn position need only be maintained where the racer is turning. In between the racers turns, the racer is free to ski technically as they choose. Gatekeepers in this section must understand this difference. See Section 6.6.

7.5.4 Nordic

- 7.5.4.1 This section of the event is ideally located toward the bottom of the course so that racers will not be overly exhausted for the Jump, GS and Super-Tele sections.
- 7.5.4.2 The terrain for this section should be varying with mainly easy up hills.
- 7.5.4.3 The course should be laid out so that competitors may overtake one another unhindered.
- 7.5.4.4 This section should represent 1/3 of the total course time for the fastest racers, being between 50 - 90 seconds. It should be between 250m - 400m long and 3m wide.
- 7.5.4.5 The cross-country section is a "free" section and must have marked lines across the snow to signify the beginning, and end, unless the finish is the end.
- 7.5.4.6 The length of the cross-country section should be defined with yellow panel gates, bamboo, flagging tape, etc.
- 7.5.4.7 The track may be laid out in any manner so that it allows for smooth skating action and does not cross itself.

7.5.5 Jumps

- 7.5.5.1 Jumps should be placed at the top of knolls so that the landing can be on a steep face that will gently accept the racers landing.
- 7.5.5.2 Flat landings are dangerous and are not allowed.
- 7.5.5.3 The jump should not be built with a "kicker". The lip should be level or negative, and located not more than 5m from the edge of the knoll.
- 7.5.5.4 The height of the lip should not exceed 1.5m, and the racers trajectory shall follow the natural profile of the slope.
- 7.5.5.5 There should be a straight approach into the jump, at least 15m. A marked line and yellow panel gates should be in place 5m - 10m above the lip to allow competitors to stand parallel off the jump.
- 7.5.5.6 The hill should fall away as much like a Nordic jump as possible, straight and steep. The best racers should be able to jump 15m - 30m and still land on steep terrain.
- 7.5.5.7 Yellow panel gates should be placed on either side of lip and the lip should be marked with chalk, dye or pine boughs.
- 7.5.5.8 The gates following the jump should be set as to allow the racer to regain control of the speed generated from the jump. Often, the Super-Tele section is positioned below the jump to accept the higher speeds.
- 7.5.5.9 The minimum distance line for the jump should be set with chalk so that 20-40% of the competitors clear that distance during jump training.
- 7.5.5.10 A separate line for each gender shall be established before the jump training at course inspection is closed.
- 7.5.5.11 Classic Jump Penalties
- 7.5.5.12 Failure to clear the distance line will also result in a three second penalty.
 - 7.5.5.12.1 Jump distances shall be judged anywhere between the two boots. A Telemark landing is required, or a one second landing penalty shall be assessed.

7.5.6 The Noose, 360° Turn, or Reipelykkje

- 7.5.6.1 The Noose is a 360° turn around an internal obstacle that should be placed once or twice in the classic course. Nooses are often used in-between other course sections where dumping speed may be preferred such as at the beginning of the cross-country skate.
- 7.5.6.2 The diameter of the noose should allow the racers to enter at race speeds, and hold momentum around 2/3 of the 360°.
- 7.5.6.3 The outer diameter of the turn measures 5m - 8m. Often a banked turn is built at these dimensions.
- 7.5.6.4 There is no judging of the telemark turn rule in the noose. See section 6.5.

7.5.6.5 Entrance and exit of the noose/360°, shall be marked by yellow panel gates, designating this section as a “free” section.

7.5.7 Other obstacles: Other acceptable obstacles for classic course sections are:

7.5.7.1 Mogul sections; where the course may run through a short mogul corridor.

7.5.7.2 Whoops or camel bump sections; where the course may contain a corridor with a series of rolls.

7.5.7.3 A second jump is also a great addition to the classic course. The second jump is not a distance jump, and racers are only responsible for the Telemark landing. This second jump would not need to be on such a large knoll, but would still have to be built by the same guidelines as the distance jump.

7.6 Rules for Telemark Slalom

7.6.1 General

7.6.1.1 Telemark slalom is a two run, combined event.

7.6.1.2 Times for fastest 5 male competitors must be between 30-70 seconds per run.

7.6.1.3 The Telemark Turn Rule shall be in effect throughout the course. See Section 6.2 and 7.2.7 - 7.2.13.

7.6.2 The Course

7.6.2.1 The trail must conform to all safety standards. See Section 7.1-7.2.6

7.6.2.2 Telemark slalom should be set Alpine slalom style.

7.6.2.3 Course set must be with breakaway hinge gates.

7.6.2.4 Outside poles for each gate are recommended, but not necessary except in gate combinations such as hairpins and flushes.

7.6.2.5 The vertical distance between gates must be .5m-16m.

7.6.2.5.1 Vertical distances of 6m-7m should only be used in combination gates.

7.6.2.5.2 The average vertical distance between gates other than those in combinations should be between 10 and 14m.

7.6.3 Dual Format Slalom

7.6.3.1 Dual slalom uses the same course parameters as single course. Dual Pro style courses should be set with a vertical distance of 16m.

7.6.3.2 With dual format, the two courses should be between 7-9m apart (measuring the distance between corresponding gates of the two courses.).

7.6.3.3 Outside gates are eliminated with the dual format, except in combinations gates.

7.6.3.4 Second run start order is the same but with the paired competitors switching courses.

7.6.3.5 One course should use all red gates, the other all blue.

7.6.3.6 The respective start ramps should be as close to 7-9m apart as possible, and the finish lines should be as parallel to the start as possible.

7.6.3.7 The start command should be from the starter, “red course ready?” and then, “blue course ready?” Once the racers have responded “yes”, then the starter should say, “Racers, ready.....Go!” This start command can be used to keep the racers from anticipating the “go” command by altering the time between “Ready” and “Go”.

7.6.4 Elimination Rounds

7.6.4.1 Slalom eliminations have been used frequently at US Nationals as a fun post-slalom championship event, and also as the deciding format for US Telemark Slalom Championships.

7.6.4.2 The first round should include 8, 16, 32, or 64 competitors. If the registered number of racers is not sufficient, the necessary number of open start numbers should be included into the draw, and single competitors in the

- draw advance to next round. These unpaired competitors in the round have the right to start that round alone. They will be allowed to the next round even if they do not complete their run.
- 7.6.4.3 If the elimination round is based upon qualifying competitions then the first place qualifier should be seeded against the last, etc. If there is no qualification for the elimination rounds then the seeding will be based on points. Racers with no USTSA slalom points should be given slots at the end of the racer points order. Then the top racer from the list is seeded against the last, 2nd from top with 2nd from last, etc.
 - 7.6.4.4 Each pair takes two runs to constitute the first round.
 - 7.6.4.5 Both runs shall start according to bibs. The competitors with the lower starting bibs of the pair might go on the red course first; the higher bibs of the pairs would then start on the blue course. Then they will switch courses for second run. That is the running sequence for each pair, each round, thereon. The competitor who has the lowest total time advances on to the next round.
 - 7.6.4.6 After the round of eight, 3rd and 4th place semifinalist candidates run their first run before the finalists first run. The semifinalist run their last run, and then the finalists run their last run at the end.
 - 7.6.4.7 Overall results should be based on the combined times within each competitors highest round advanced to.
 - 7.6.4.8 If a competitor DQS in a first run of any round, then they are out of the competition.
 - 7.6.4.9 If both competitors do not finish the first round, then the second run will determine who advances.
 - 7.6.4.10 If both racers don't finish a second run, then the one who skied the furthest through the course advances.
 - 7.6.4.11 The jury may ask for a rerun if it is unclear as to who should advance.
 - 7.6.4.12 Elimination round gate judges must be situated on both exterior sides of the courses. Each gate judge may be supplied with a flag of the color of the course they are judging (blue or red) This flag is to be raised immediately to notify the Chief of Gate Judges of a faulty Telemark Turn and consequent penalty. Alternately, each judge may use a radio to inform the Chief of Gate Judges of penalties. If the racer did not pass on the correct side of the gate, the DSQ must be recorded and that information must be sent to the Chief of Gate Judges immediately, so that the racer may be eliminated from further runs.
 - 7.6.4.13 In parallel events Interference by another racer is defined as when a skier crosses the imaginary line dividing two adjacent courses into their opponent's course. The interfered with racer must exit the course within two gates of the incident and report immediately to the finish referee or TD to be issued a rerun.

7.7 Rules for Telemark Sprint Classic

7.7.1 General

- 7.7.1.1 Sprint Classic must consist of two runs, combined time.
- 7.7.1.2 Times for the fastest 5 male competitors must be between 50-70 seconds per run.
- 7.7.1.3 The Telemark Turn Rule must be in effect and be judged in all portions of the course not marked as "free". See Sections 6.2 and 7.2.7 .

7.7.2 The Course

- 7.7.2.1 The trail and course must conform to all safety standards. See Section. 7.1-7.2.6

- 7.7.2.2 The number or directional changes shall be 11%-14% of the vertical drop. As per Section 7.4.1 1 through 7.4.2.3.
- 7.7.2.3 5-8 Super-Tele gates may be included in the GS portion(s) if this optimizes the natural terrain, or helps transition between elements.
- 7.7.2.4 Course must include one Nordic style jump.
- 7.7.2.5 Course must include one Noose/360° turn.
- 7.7.2.6 The course must not include any slalom sections.

7.7.3 **The Jump**

- 7.7.3.1 The jump shall conform to Telemark jump criteria and judging rules. See Section 7.4.3

7.7.4 **Nordic**

- 7.7.4.1 The skating section should conform to the criteria, rules, and proportions of the Classic cross-country section. It is proportionally shorter, as the Sprint Classic is shorter. See Section 7.5.4.

7.7.5 **The Noose/360° Turn**

- 7.7.5.1 The noose for the Sprint Classic conforms to the same criteria and rules as for the Classic. See Section 7.5.6

7.8 **Special Rules for Dual Version of the Telemark Sprint Classic**

- 7.8.1 The Telemark Sprint Classic may be staged as a dual event at the option of the Organizer, so long as the course is wide enough for the setting of two parallel courses.
- 7.8.2 The format shall be two equivalent courses, one red and one blue with timing and gate keepers for each course. Each course shall be run by each competitor once, provided that the competitor does not get disqualified. The combined time for the red and blue course shall determine the winner. The dual format is for visual effect and spectator interest and is not to be construed as a “knock out” event.
- 7.8.3 The starting order of the 2nd run is determined by reversing the finish order of the 1st run. If there is an unequal number of 1st run finisher, the 1st athlete (the slowest competitor) will race unopposed to ensure that there is a final pairing.
- 7.8.4 **Physical aspects**
 - 7.8.4.1 The dual Sprint shall use the same criteria as the Sprint for selection of course. , See Section 7.7.2
 - 7.8.4.2 The jump. The same criteria as Section 7.4.3 shall be used with the following conditions: two jumps may be used for the dual, one for each course. A single jump may be used provided that it is wide enough for two competitors to use it safely at the same time.
 - 7.8.4.3 The 360. Two separate 360's must be used, one for each course.
 - 7.8.4.4 The Skate. The skating sections shall be parallel but separate for the competitors.
- 7.8.5 **Interference**
 - 7.8.5.1 A competitor who is interfered with may have a rerun. In order to have the rerun the competitor must immediately ski off of the course to the nearest official to state his interference and make a request for the rerun.
 - 7.8.5.2 Interference occurs when the course is blocked by a fallen competitor who did not clear the course soon enough.
 - 7.8.5.3 Objects in the course such as a lost ski pole, etc.
 - 7.8.5.4 Incidents beyond the will and control of the competitor, which cause significant loss of speed or lengthening of the racing line and consequently affect the competitor's time.

8 Rules for Telemark Equipment

8.1 Helmets and Safety Equipment

- 8.1.1 Helmets designed and manufactured for the particular discipline of ski racing being contested are required for all competitors and forerunners in all USTSA events and official training. Helmets must bear a CE mark and conform to recognized and appropriate standards such as CEH.Din 1077, ASTM F2040, SNELL S98 or RS98. Protective features integral to the discipline being contested, such as chin guards on slalom helmets are permitted.
- 8.1.2 Other safety equipment such as back braces, knee pads or padded gloves may be worn at the competitor's discretion.

8.2 Boots

- 8.2.1 The boot must be commercially available.
- 8.2.2 The boot must be intended for free-heel skiing, having a sole, which flexes at the ball of the foot.
- 8.2.3 The boot must have been produced in excess of 100 pair per year.
- 8.2.4 All boot conversions that meet the requirements of 8.2.1 - 8.2.3 are allowed.

8.3 Telemark Ski

- 8.3.1 The ski must be commercially available.
- 8.3.2 The ski must have been produced in excess of 100 pair per year. Special "racer stock" of existing models are exempt.
- 8.3.3 The ski may be modified as per the following:
 - 8.3.3.1 Method of tuning and base preparation.
 - 8.3.3.2 Binding mounting position.

8.4 Telemark Ski Binding

- 8.4.1 The binding must be commercially available.
- 8.4.2 The binding shall attach the boot to the ski, as to allow for the free-heel movement necessary to execute the Telemark turn.
- 8.4.3 The binding must allow the boot to flex at the ball of the foot.
- 8.4.4 The binding must have been produced in excess of 100 pair per year.
- 8.4.5 The binding must be intended for free-heel skiing.
- 8.4.6 The binding may be modified as per the following:
 - 8.4.6.1 Releasable systems may be added.
 - 8.4.6.2 Physical dimensions of the binding may be reduced.
 - 8.4.6.3 The binding may be elevated off the top of the ski.
- 8.4.7 Ski brakes or retention straps must be used.
- 8.4.8 There are no rules concerning the way the binding is connected to the ski.

9 USTSA Membership

9.1 USTSA Memberships and Licenses

9.1.1 Voting Membership

- 9.1.1.1 Member of USTSA without points calculation or ability to race in the Elite Category.

9.1.2 **Competitive Membership/License**

9.1.2.1 May compete in any race classification, including Elite and points will be calculated and tracked for the current season.

9.1.3 **Event/Day License**

9.1.3.1 Points will be calculated and tracked for the current season.

9.1.3.2 Day license holders will not be eligible to race in the Elite category at US National Championships.

9.1.3.3 Day license holders are not eligible for US Team positions.

9.1.3.4 Day license holders will receive no other membership benefits.

9.1.4 **Junior Membership** - youth 14 and under (as of December 31 of race year)

9.1.4.1 Junior members are not eligible for US Team Positions, including Development team.

9.1.4.2 Junior members will not be eligible to race in the Elite category at the US National Championships.

9.1.5 **Alumni Membership** – prior members of the USTSA National Team

9.1.5.1 Does not include points calculation or tracking.

9.2 **USTSA Member Code of Conduct**

9.2.1 USTSA members including athletes, coaches, officials and volunteers must conduct himself/ herself in a sportsmanlike manner. Sportsmanlike conduct must be maintained during and while traveling for competition; while interacting in public and on the internet; and at all other times that Athlete wears USTSA uniform or logo wear.

9.2.1.1 Sportsmanlike conduct is defined as, but not limited to: respect for competition officials, resort employees, and the skiing public; the use of courtesy and good manners; and abstinence from illegal substances, banned drugs, and the overuse of alcohol.

9.2.2 Team members shall maintain high standards of moral and ethical conduct; this includes self-control and responsible behavior, consideration for the physical and emotional well-being of others, and courtesy and good manners.

9.2.3 It is each member's responsibility to have medical and accident insurance and agrees to pay all costs associated with medical care and related transportation without rights of subrogation.

10 **USTSA National Points List**

10.1 **Purpose**

10.1.1 The purposes of the national points list are:

10.1.1.1 To measure the relative performances of all competitors in the classification system.

10.1.1.2 To serve as a tool to organize race start orders.

10.1.1.3 To provide a method to help with the selection of the US Telemark national team.

10.1.2 Points will only be tracked for USTSA members with a competitive or event license as specified in 9.1.

10.1.3 The USTSA points formula is similar to that of USSA. The "F" factors are altered to best reflect the differing characteristics between Telemark slalom, GS, sprint classic and classic time spreads. For further information regarding points calculations please contact USTSA competition committee.

10.2 Formula

10.2.1 The formula for figuring national points for USTSA sanctioned events (both domestic and World Cup) is as follows:

Race Points + Race Penalty = Racer Result

10.2.1.1 Race points = ((racers time / winners time) – 1) X F- factor

10.2.1.2 The F- factors vary for the different events, and are: 660 for GS and Slalom, 500 for Sprint Classic and 375 for Classic.

10.2.1.3 (A+B-C)/10= Race Penalty

“A” is the sum of the best 5 seeding points at the start of the race, based the most recent list published by USTSA.

“B” is the sum of the best 5 seeding points of the top ten finishers of the race.

“C” is the sum of the “race points” of the 5 best-seeded racers of the top ten finishers.

10.2.1.4 The five-racer calculation has been chosen to ensure that “larger” races that attract the highest ranked racers will have a greater impact on the overall points calculation.

10.3 Race Penalty

10.3.1 USSA rules for calculating the Race Penalty will be followed in the following situations:

10.3.1.1 There are fewer than 5 racers with seeding points at the start of the race

10.3.1.2 Fewer than 10 racers finish the race

10.3.1.3 Fewer than 5 racers finish the race

10.3.1.4 Fewer than 5 racers in the top 10 finishers have seeding points

10.3.1.5 For USTSA Race Penalty calculations, “maximum points” will be equal to the F-factor for the race.

10.3.1.6 In the case that a race course is missing a required element such as a jump or the times of the top 5 male competitors do not fall within the parameters specified in the Competition Guide, the race penalty shall be increased as follows:

10.3.1.6.1 Course is missing a required jump – increase the calculated race penalty by 5%.

10.3.1.7 Time for at least 1 of the top 5 competitors is lower than that specified for the event, increase the calculated race penalty by the % any of the top 5 racers were lower than that specified.

10.3.1.7.1 In a sprint classic race, the fastest male time was 45 seconds, 5 seconds faster than the minimum time of 50 seconds specified in the Competition Guide. The time for all other racers was above the minimum. The calculated race penalty must be increased by 10% (5 seconds faster than the minimum divided by the minimum of 50 seconds).

10.3.1.7.2 In a sprint classic race, the fastest male time was 47 seconds and the second fastest male finished in 49 seconds. Combined, they were 3 seconds faster than the minimum time of 50 seconds specified in the Competition Guide. The calculated race penalty must be increased by 6% (3 seconds faster than the minimum divided by the minimum of 50 seconds).

10.4 National Points List

10.4.1 USTSA maintains one National Points List for the combined disciplines of Telemark (formerly GS) and Slalom and another list for the combined

disciplines of Sprint Classic and Classic. They are referred to as the Telemark Points List and the Classic Points List.

- 10.4.1.1 Only one sprint classic may contribute to a racer's Classic Points. Two Classic results may be used, but one is mandatory.
- 10.4.1.2 Only one slalom may contribute to a racer's Telemark Points. Two GS results may be used, but one is mandatory.
- 10.4.1.3 There are three main calculations that determine a racer's National Points. The calculation that provides the lowest points for the racer should be used.
 - 10.4.1.3.1 If there are at least two results within the discipline (may be USTSA results or FIS / World Cup results with at least 5 USA participants), the two best results are averaged to determine Current Season Race Points. These calculated results are then "zeroed out" to determine the Zeroed Out Current Season Race Points.
 - 10.4.1.3.2 If there is only one result, a double (44%) penalty is added to that result to determine the Current Season Race Points.
 - 10.4.1.3.2.1 If the racer does not have a prior year result, the maximum points (equal to the F Factor for that event) will be averaged with the single Slalom or Sprint Classic result.
 - 10.4.1.3.3 A double (44%) (single (22%) in the case of recognized preseason injury) penalty is added to the prior year's "pre-zeroed out" Telemark or Classic Points to calculate Penalized Prior Year Points. The prior year zero-out factor is then subtracted from the Penalized Prior Year Points to arrive at the Prior Year Carryover Points. For example, a racer's prior year pre-zeroed out Telemark points totaled 72 and then a zero out factor of 13 was subtracted to result in published points of 59. The Prior Year Carryover Points will be 90.68, calculated as $72 \text{ (pre-zeroed out prior year points)} \times 1.44 \text{ (penalty factor)} - 13 \text{ (prior year zero out factor)} = 90.68$.

10.4.2 The racer's National Points for each of the combined disciplines shall be the lower of the Zeroed Out Current Season Race Points, the Prior Year Carryover Points.

10.4.3 The racers Combined National Points shall be the total of the Telemark and Classic National Points calculations.

- 10.4.3.1 Points totals will be calculated and maintained as long as the racer remains an active competitive dues paying member of USTSA or purchases at least one event license each season.

Example 1 – a racer purchases a competitive license or an event license during the 2009 season. If the racer does not purchase a competitive license or an event license during the 2010 season, the racers points will be dropped from the USTSA points lists for the 2010 final calculation.

Example 2 - a racer purchases a competitive license during the 2009 season and only purchases an event license for one race during the 2010 season. The racers points will be calculated and maintained for the 2010 final calculation.

11 USTSA National Telemark Teams

11.1 General

- 11.1.1 The teams are decided for each year at the end of the previous year's season. Criteria for selection may be both empirical and subjective utilizing the USTSA combined points list, the competitor's previous contract fulfillment and the discretion of the BOD of the USTSA.
- 11.1.2 All members must contractually accept their position each season, which will include certain national and international race attendance requirements.
- 11.1.3 All US Team sponsored gear and financial assistance remains the property of USTSA until the satisfactory fulfillment of that year's contract. Documented medical reasons or unique circumstances will be weighed by USTSA in support of any athletes' inability to fulfill their contract.
- 11.1.4 Team members must purchase a Competitive License. Junior members will not be eligible for team positions. Racers that only purchase event licenses will not be eligible for team positions.

11.2 A Team

- 11.2.1 The A Team may consist of up to 8 men and 3 women although the final composition is solely up to the discretion of the BOD of USTSA.

11.3 B Team

- 11.3.1 The B Team may consist of an appropriate number of men and woman with the final team composition solely at the discretion of the BOD of USTSA.
- 11.3.2 The B team members may be required to purchase uniforms for a price designated by the BOD of USTSA. The BOD of USTSA may designate uniform purchase as a specific requirement for team membership
- 11.3.3 The B Team will have its own contract as approved by the BOD.

11.4 Development Team

- 11.4.1 A racer 17 years old and under may apply to the BOD for membership to a Development Team. Upon selection to the Development Team, the member shall have the same contractual obligations as a B Team member, including uniform purchase if so designated by the BOD of USTSA.

11.5 Regional Team

- 11.5.1 During the 2009-2010 Season the USTSA will establish a Regional Team in an effort to recognize those athletes that have demonstrated a commitment to the sport of telemark racing and continue to improve their skills. The Regional Team members will be ambassadors for USTSA in their local ski area and surrounding region.

12 World Cup

12.1 World Cup Events

- 12.1.1 All World Cup events are open to competitors provided:
 - 12.1.1.1 They have a record of racing in the Elite category and have competitive times.
 - 12.1.1.2 They have approval of the USTSA Board of Directors.
 - 12.1.1.3 They have a USTSA Competitive License.
 - 12.1.1.4 They have a FIS license.
 - 12.1.1.5 They provide proof of medical insurance and emergency contact information.
 - 12.1.1.6 Non Team members participating in a World Cup event will sign a contract if required by the Board of Directors.
- 12.1.2 Athletes under 18 years of age.
 - 12.1.2.1 All athletes under 18 years of age must be accompanied by a parent or by a guardian. Written permission from the parent and written agreement by the guardian must be submitted to the BOD. Other racers or traveling coaches cannot be relied upon to provide the guidance needed for younger racers when traveling to World Cup events.
 - 12.1.2.2 It is beneficial to the racer and the team for the younger athletes to coordinate travel and lodging arrangements with the other team members. For many years, parents of younger athletes have successfully coordinated travel arrangements with the team and the result has been valuable to the younger racer and the team.
 - 12.1.2.3 Parents traveling with younger racers need to remember that their role is to be a parent and to support the racer. Unless formally recognized by the BOD, parents should not try to function as coaches or team captains.
- 12.1.3 All World Cup and World Championship events can be scored as US National Points events so long as there are 5 US competitors in the race. Women's Classic races will not have points calculated as they run a shorter course than the men.

12.2 World Cup Championships

- 12.2.1 World Championship events allow for 10 men and 5 women to compete from each country. (These quotas reflect the relative interests for each gender, and keep the total international participation down to manageable levels.)
- 12.2.2 From the US, the men and women of the US Telemark "A" Team are automatically pre-qualified to race at the World Championships.
- 12.2.3 Additional men and women will be selected to compete to ensure the quota is filled. For the additional men, 1 will be selected based upon the USTSA combined points list to race in the World Championship Telemark and Classic events. Any additional slots in each WC event will be determined by the event specific USTSA points list. Similarly, for any additional women's slots, the first shall be determined by the combined points list and will race both WC events. The remaining women's slots will be determined by the event specific USTSA point's lists.