



**2023/2024**

**US Cup**

Rules & Guidelines

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## US Cup Organizers

USA Nordic - [info@usanordic.org](mailto:info@usanordic.org)

## Schedule

Date	Location	Hill Size	Discipline
JUL 29, 2023	Park City, UT	HS 100	SJ & NC
DEC 9, 2023	Steamboat Springs, CO	HS 100	SJ & NC
DEC 16, 2023	Park City, UT	HS 100	SJ & NC
JAN 20, 2024	Ishpeming, MI	HS 97	SJ & NC
JAN 27, 2024	Fox River Grove, IL	HS 77	SJ
FEB 3, 2024	Westby, WI	HS 123	SJ
FEB 4, 2024	Salisbury, CT	HS 70	SJ
FEB 18, 2024	Brattleboro, VT	HS 100	SJ

## Entries

Competitors must be licensed with a National Ski Federation (US Ski & Snowboard). Only US Ski and Snowboard card-holding competitors and competitors who are in good standing with applicable governing bodies are eligible for the overall US Cup Standings. Entry fee is decided by the Local Organizing Committee (LOC).

## Event and Venue Requirements

The Local Organizing Committee (LOC) must provide an invitation for the event to USA Nordic and post it publicly no less than **30 days** before the start of the event. The invitation should include the following information:

- Complete schedule
  - Time/Location of training sessions, competitions, team captains meeting, equipment control, etc
- Map of cross country course (if applicable)
- Entry & hill fees
- Registration link (if using online registration)

Hill Sizes should range in size from 60-140m and must meet NGB standards (*See US Ski & Snowboard Competition Guide for details*)

The cross country course must meet NGB Standards with minimum loop length of 1.0 km and maximum loop lengths of 2.5 km.

Separate changing areas for men and women must be available during training & competition. LOC will provide emergency medical services facilities and General Liability Insurance for at least \$5 million.

### Cancelation Policy:

In the case of 2-day events, each event organizer must dedicate which day is for US Cup competition. The US Cup Committees' preference is to schedule this on the first day of competition. In situations when the event cannot be held on day one, it may be held on day two. Organizers should make every effort to hold the event and postpone it to a later date if possible. USANS agrees to make best efforts with the site to reschedule. In the event of complete event cancellation, registration fees will be refunded to the athletes.

## Officials

See the [US Ski & Snowboard Competition Guide](#) for details.

## Equipment Control

Equipment control is overseen by the officials and volunteers appointed by the Local Organizing Committee (LOC).

At least two (2) equipment controllers must be appointed by the LOC, one male and one female. The role of equipment controller may be filled by officials, coaches, or SafeSport certified volunteers if needed. For body measurements, athletes will be measured by equipment controllers of the same gender. Athletes are **not** required to disrobe for body measurements.

## Suit Regulation

Suits are regulated for the following:

**Inseam:** The length of the inseam must match the length determined by the athlete's body measurement. Inseam length can be measured either by a device at the top of the jump or by turning the suit inside out and manually measuring the distance from the intersection of the crotch seams to the end of the medial ankle hem.

**Suit Manipulation:** Athletes are not allowed to manipulate (i.e. pull or stretch) their suit after going through equipment control at the top of the jump. Starters and equipment controllers are responsible for watching athletes at the top of the jump.

**Zippers:** All zippers (neck and wrists) must be completely closed before starting. Zippers must extend beyond the edge of the suit at the neck and wrists.

Suits are measured either at the top of the jump before competition rounds using a measurement device or measure the suit manually. The competition jury may decide whether to measure inseam before the first round, second round, or both rounds of competition. This information should be shared during the Team Captains Meeting.

Athletes are allowed a 3cm tolerance in the length of the inseam of their suit. *(i.e. if an athlete's inseam measurement is 80cm, the inseam of their suit may be no less than 77cm)*

## Body Measurements

Facilities for body measurements must be provided by the LOC. Measurements must be taken in a private room before the start of the competition with at least one official and one coach (or SafeSport certified volunteer) present. Every US Cup event must have an opportunity for athletes to be measured at least one day before the competition.

If an athlete has FIS measurements on file, they will use their official height and inseam measurements as recorded by FIS. If an athlete does *not* have FIS measurements, they must

be measured by a US Cup official within the current competition year (July 1 - April 30). Body measurements should be recorded and shared with all event organizers, officials.

Athletes are allowed to “overwrite” their previous height and inseam measurements even if the new measurements are shorter than the old one.

Body measurement procedures should follow the [most recent techniques as recommended by FIS](#), excluding the 3D body scanning technique.

- Height is measured with the athlete laying down on a table with their feet together.
- Upper body is measured with the athlete sitting upright on the table, arms outstretched and knees at 90 degrees. Their back should *not* touch the wall.
- Inseam is then calculated by subtracting the upper body value from the athlete’s body height. (**Height - Upper Body = Inseam**)
  - Height and upper body values are recorded to one decimal place and only the final product is rounded to the nearest whole number. (e.g.  $163.3 - 84.1 = 79.2 = 79\text{cm}$ )



The athlete’s weight is measured while wearing the garments they wear under their suit while jumping. Boots, helmets, and suits are not worn during weighing. Athletes may be weighed before the competition, but only for the purposes of checking their equipment. If an athlete is weighed before the competition, this value is **not** recorded or used by the jury. The official weight measurement to determine ski length must be done *after* one of the competition rounds.

## Ski Length & Binding Placement

Maximum ski length for the US Cup class is 145% of the athlete's height (1.45 x H) with BMI rule enforced.

The binding must be mounted in such a way that maximum 57% of the entire ski length is in front of the toe of the boot.

[See FIS guidelines for details](#)

## Competition Format

### Age Classes

US Cup U20 Men & Women (required)

Open Junior/Open Senior Classes (recommended)

### Scoring

US Cup points are awarded per the FIS World Cup scoring system (pictured below).

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

US Cup points are awarded up to the top 30 male and female finishers in the U20 class at each event. Athletes must compete in at least 3 different divisions to be eligible for the overall title. There will be no tiebreaker in the case of a tie for the overall winner.

All technical values such as Points Per Meter and Points Per Minute are to follow the regulations found in the [US Ski & Snowboard Competition Guide](#).

## Rankings

An athlete's overall score is calculated using their top 5 results as defined by point total, not rank, per competition. If fewer than 5 competitions are held, all results will count towards the season total.

Only athletes with active US Ski and Snowboard memberships will be counted in the overall US Cup standings.

Rankings will be updated after each event and posted on the USA Nordic website:

[www.usanordic.org](http://www.usanordic.org)

## Awards & Prize Money

The overall winner of the US Cup will be nominated to the D-Team for the following season.

Prize money is awarded at every event of the US Cup series. Prize money is required for the male and female US Cup (U20) class. Organizers may award money for other age classes if they choose.

Minimum payout for all US Cup classes:

**4 or more athletes:**

1st place: \$300

2nd place: \$150

3rd place: \$75

**Fewer than 4 athletes:**

1st place: \$200

2nd place: \$100

3rd place: \$50

***Official results must be submitted to USA Nordic ([info@usanordic.org](mailto:info@usanordic.org)) and posted publicly within 48 hours of the competition.***



## Local Organizing Committee (LOC) Directory

### Nordic Ski Association of Anchorage

Zak Hammill (907) 802-1282

### Anchorage, AK

akskijump@gmail.com

### Harris Hill

Todd Einig (802) 689-0286

### Brattleboro, VT

einigt@yahoo.com

### Flying Eagles Ski Club

Brian Wallace (651) 528-9602

### Eau Claire, WI

coachbrian93@gmail.com

### Ishpeming Ski Club

Dick Ziegler (651) 788-5794

### Ishpeming, MI

geo\_logical2@hotmail.com

### New York Ski Education Foundation

Colin Delaney (518) 524-2115

### Lake Placid, NY

colind@nysef.org

### Minneapolis Ski Club

Chris Broz (484) 956-8956

### Minneapolis, MN

chris@chrisbroz.com

### Norge Ski Club

Scott Smith (847) 815-2117

### Fox River Grove, IL

sds63@sbcglobal.net

### Park City Ski & Snowboard

Adam Loomis (715) 797-6978

### Park City, UT

aloomis@parkcityss.org

### Salisbury Winter Sports Association

Ken Barker (860) 806 0471

### Salisbury, CT

kennethsbarker@gmail.com

### Steamboat Springs Winter Sports Club

Todd Wilson (970) 846-3789

### Steamboat Springs, CO

twilson@sswsc.org

### Snowflake Ski Club

Matt Keuler (608) 799-4916

### Westby, WI

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