

VERMONT HIGH SCHOOL ALPINE SKI GUIDE 2025-26
(Updated 11/1/2025)

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IMPORTANT INFORMATION

VPA Policies Art. III, Sec. 3, Part B Non-School Competition (6/6/14 ASC) aka Loyalty Clause

A member of a school team is a student-athlete who is regularly present for, and actively participates in ALL team try-outs, practices, and competitions. Bona fide members of a school team are prevented from missing a high school practice or competition to compete with an out-of-school team, practice or competition to include tournaments, showcases, combines, or other athletic events.

Whenever a conflict arises between the high school team practice/competition and an out-of-school practice/competition on the same day, the high school practice/competition shall be honored by the student-athlete. Priority MUST be given at all times to the high school team, its practices, and its contests unless permission has been granted by the school. It is expressly understood that permission shall not be granted on a regular basis and shall only be granted in extraordinary circumstances.

1. Competition

- a.) Rules and Regulations will conform to the Vermont Principals' Association Alpine Guide. For a printable copy of this guide go to www.vpaonline.org
- b.1.) The NVAC & SVC District Championships will combine boys and girls for the 2025- 2026 season. One day will be for slalom, where both the boys and the girls compete. Another day will be for giant slalom, again both boys and girls will compete. Both events will be 2 runs.
- b.2.) The State Championships will combine boys and girls for the 2025-2026 season. One day will be for slalom, where both the boys and the girls compete. Another day will be for giant slalom, again both boys and girls will compete. Both events will be 2 runs.
- c.) Participants must have participated in 50% of the interscholastic school regular season races (exclusive of injury) which the school participates in prior to entering the District's and State's competitions. Independent and Home School students must meet the same requirement.
- c.1.) Waivers: If a student does not meet the 50% rule due to extenuating circumstances, a waiver can be requested through the VPA office. Hardship Waiver: If a racer has competed all season and consistently placed in the top 15 finishes, but due to illness or family emergency this racer cannot compete at the Districts and his/her team does not qualify to go to The State Championships, this racer is out of The State Championships, but may apply to The Ski Committee to be eligible. This will be voted on by The Ski Committee, with recommendation of the VPA coach representatives.
- d.) Any events beyond the Vermont State Championships, the VPA has no affiliation. This includes The Eastern High School Championships.
- e.) Schools entering a District race shall enter the District in which they compete (NVAC or SVL).

If a school does not compete in either the NVAC or SVL, email the VPA office for an assignment. Schools should declare their intentions (in Spring) for District competition for a two-year period. 50% of the schools schedule will be within their District.

f.) In order to qualify, a school must start at least four racers for a full team the day of the event, or first day of an event series. If someone is injured during the competition, they remain a team and assume a dummy score.

g.) Individuals that ski as independents in a VPA school may compete, but their scores will not count.

h.) If an athlete qualifies in one District event, then he/she qualifies for both State Championship events.

i.) Qualifying criteria for State Championships will be as follows:

- The top 9 complete teams at the Northern Districts will qualify for States (Girls and Boys separately)
- The top 5 complete teams at the Southern Districts will qualify for States (Girls and Boys separately)
- Independents finishing in the top 1/3 of the starting field will qualify for States (Girls and Boys separately)
- Members of incomplete teams can qualify based on the independent qualifying criteria above, regardless of the number of complete teams competing at Districts. In
- If a member of a complete team finishes in the top 1/3 of the starting field at Districts, and their team does not qualify for States as a team, that athlete qualifies to attend States as an independent.

Note: The number of complete teams that qualify can be modified in future spring coaches meetings as new schools join a District and show progress towards being able to field competitive complete teams in the near future.

An independent entering States must participate in both events barring extenuating circumstances.

j.) Each school may enter 6 names for each event with four to count for score.

k.) In the spirit of high school sports, all racers are **required** to practice and participate with their team on a regular basis. Students enrolled in tutorial programs to enhance their ski skills are not allowed in high school programs. (Bylaws Section 3(L). Please refer to new forms (2104) for independent and home schooled students.

l.) On district and State Championships application blanks, list the entrants in order you want them to run for each event. Substitutes will be allowed from your original list of entries, but order may not be changed.

m.) Each school will be responsible for supplying one qualified gatekeeper for each discipline at Districts and States. If the school is unable to supply a volunteer, a coach is required to fill in. These names are to be submitted on the application in advance of the event.

n.1.) Missed Starts: If a racer misses his/her start the racer will run at the end of that run. If a lift malfunction was the cause of the missed start, then the racer must report to the start referee. The starting referee will make a ruling. The same rule holds true when using the bibo system.

n.2.) Forgotten Bib: If a racer arrives at the start in a timely fashion for their run without his/her bib, they must report to the start referee. The racer will be given a numbered spare bib for his/her run and be inserted in order.

o.) Obstructions in Course: If a racer is interfered with during the progress of a run, due to another racer, gatekeeper, gate obstruction, loose or dislodged ski gate, etc, he/she must immediately ski out of the course and report to the closest gatekeeper. The gatekeeper should record the obstruction and the racer should report to the finish referee or return to the start (if close to the start) and ask the start/finish referee for a provisional re-run. The provisional rerun should be allowed as soon as the racer is at the

start and ready to race. If in the event the racer who was obstructed had been dq'd prior to the obstruction, the referee and jury should be notified of the previous dq.

p.) Course Lengths: For championship events challenging courses should be set for the best skiers in the field. The slalom and giant slalom will be 2 run combined time. A bibo flip 15 will be used for 2nd runs.

q.) Course Inspection: Prior to each run of a race, sufficient time must be allowed for course inspection. If the Chief of Course or TD feels it is necessary, side slipping and snowplowing may be allowed to help prepare the course, or for general inspection. "Shadowing" or skiing parallel and close to the course is not allowed and can result in a dq. Bibs must be on the racer at all times while inspecting courses.

r.) Course Expectations: The Chief of Course and TD are responsible for the course and are to oversee the course setting, B netting, start and finish areas. If a coach or coaches have concerns, they should go to the TD to express their concerns.

s.) Start Commands: SL "racer plant your poles, ready, go" – GS "racer plant your poles, 10 seconds, 5,4,3,2,1 go"10 seconds to leave start.

t.) If a racer loses a ski during a race run they must clear the course and are considered a DNF.

u.) Both the racers ski tips and boots must go around the gate and be attached. In the case they miss a gate, the racer must hike to the missed gate and go around it in either direction. In the case of the first, last, combination or under gate, the racer must break the plane with their ski tips and boots created by the two same color gates. This can be done in any direction. The hiking racer must give way to any oncoming racers. Once passed, they may continue on course.

v.) The start gate and finish line are not considered gates.

w.) Start stops will normally only occur for racer injury, racer passed or course maintenance.

x.) Use of video to determine whether a racer is disqualified or not is not allowed.

y.) Forerunners: Final approval of the course is the responsibility of the TD. The recommended number of forerunners is 3, based on the TD's discretion and forerunners should be of comparable ability to the racers. Forerunners should report to the finish referee at the conclusion of their run. Forerunner times should never be announced or posted. Forerunners may only communicate course reports to race officials.

z.) By the listed entry deadlines, District and State Championship team rosters and independents must be sent, using the appropriate online form, to the following host schools:

[2025-2026 NORTHERN DISTRICT GS - Thursday, February 26th @ Middlebury](#)

[*ENTRY DEADLINE: Thursday, February 20th by 5:00 PM](#)

Hosts: CVU

Meet Director:

TD: John Kresser

[2025-2026 NORTHERN DISTRICT SL: Friday, February 27th @ Middlebury](#)

[*ENTRY DEADLINE: Thursday, February 20th by 5:00 PM](#)

Host: CVU

Meet Director:

TD: John Kresser

2025-2026 SOUTHERN DISTRICTS:

Tuesday, February 10th @ Bromley
Meet Director: Dave Miceli, BBA

TD: TBA

2025-2026 GIANT SLALOM STATE CHAMPIONSHIPS:

Monday, March 2nd @ Burke Mtn.
***ENTRY DEADLINE: Friday February 27th by 10:00 PM**
Meet Director: , AD
St. Johnsbury Academy
Patrick Rainville, SJA AD
TD: Lori Mcclallen

2025-2026 SLALOM STATE CHAMPIONSHIPS:

Tuesday, March 3rd @ Burke Mtn.
***ENTRY DEADLINE: Friday February 27th by 10:00 PM**
Meet Director:

TD: John Kresser

Coaches, please bring a copy of your application with you to the State Championships.

2. USSA Parallels

a.) Vertical gate distances will conform to current USSA/VPA standards. The TD will oversee and approve all course settings.

b.) Slalom: The distance from turning pole to turning pole of successive open gates must not be less than 7m and not more than 11m. The distance between gate combinations (hairpin or vertical) must not be less than .75m and not more than 1m. The distance from turning gate to turning gate in combinations must be a minimum of 4m and maximum of 6 m. The gates in hairpin or vertical combinations must be set in a straight line. Delayed gates must have a minimum distance of 12m and a maximum distance of 15m from turning pole to turning pole. The distance from turning pole to the top of a delay must be a minimum of 6m.

c.) Giant Slalom: Open gates must have a minimum distance of 15 m and maximum of 27 m. Delays must have a minimum of 10 m between successive gates, and max 35 m from turning pole to turning pole.

d.) Protective headgear (a manufactured ski racing helmet) is required for all events for both practices and competition. SL helmets must be able to accept a chin guard. The helmet must meet the current USSA/VPA standards and be properly fitted. In addition, chin guard protectors are not allowed for the giant slalom. They must be removed.

e.) The VPA Ski Committee has adopted an Adaptive Skier policy and procedures. The VPA will follow guidelines and procedures established by the FIS/USSA/IPC Committees. Schools with adaptive skiers need to contact the VPA if the skier plans on participating in interscholastic meets.

3. Officials

- a.) Technical Delegate (TD) - Helps race organizers and assures that the race is run according to the rules and alpine guide (represents the VPA Ski Committee); Is responsible for courses, course preparation, appointing the referee and for scoring the event.
- b.) Meet Director - Coordinate all aspects of race.
- c.) Chief Gatekeeper - Organize gatekeepers. Meets with the referee immediately after each run with dq's.
- d.) Finish Referee - To be at the finish during the race to observe the finish area. Informs timer when racer has been passed and what bib numbers are finishing. May grant provisional reruns.
- e.) Start Referee - Makes judgements at start. May appoint an assistant starter. May grant provisional reruns.
- f.) Chief of Course - May be the course setter, if not will observe the setting and marking of courses, numbering gates, schedule slippers, have tools, clean course after it is closed, shovel around base of gates, etc.
- g.) Timer - To oversee and/or run timing equipment.
- h.) Referee – Appoints jury of 4. Posts dq's after each run with a 15 minute protest period. Oversees and runs jury in case of protests. In a juried situation, the referee should first inform the jury how the rule reads, then along with the jury ask the gatekeeper what they saw, then ask the racer what they remember. Make sure bib number and gate numbers coincide and the gatekeepers card is inspected. Referee may ask the gatekeeper and/or racer back for 2nd opinion. Provisional reruns are not valid until ratified by jury. Referee lets the coach, racer and race administration know of the decision.
- i.) Jury – assigned by referee to resolve any protests that may arise during the competition. Jury selection for districts: 4 coaches. Jury selection for State Championships: 2 coaches from north 2 coaches from south. In case of a 2-2 decision, the referee will break the tie. Whenever possible, the jury will meet after each run.

4. Scoring

a.) The top four finishing racers on a team score in each event. Slalom and giant slalom are scored separately, the scores are added together to determine the winner, low score wins. If after the final event of the meet teams are tied for first or runners up, the fifth place racers in both events will be used to break the tie.

To be considered a team, a team must start 4 racers on the day of an event or first day of an event series. Others are considered independents and care must be taken to not score them in the team results. If a team starts with 4 or more racers and finishes with less than 4, the scoring will go as follows: Take 1 more number than the last team racer completing both runs and add that to the team for scoring. This same number will be used for any team needing a "dummy" score. In the scoring of a race, all 6 team racers actually enter into the scoring. While the top 4 skiers score points, the 5th and 6th team racers displace or keep other team racers from scoring a lower place. However, these may be scored as a tiebreaker. The final scoring results must show the four scoring places of the team racers in each event with a grid, with two event and team totals indicating the final standings. Independent racers must be removed from the team scoring. It is recommended to include a set of results that show team racers only, to easily reference the place points of the team racers in each event.

5. Seeding

- a.) For districts: Each seed will contain one racer from each team and one independent racer. The exception is if there are more than 6 independent racers for a gender. In that case, two or more independent racers may be added to a seed starting with the 1st seed while keeping the distribution even. So if there are 8 independents, the 1st two seeds will carry 2 independent racers, and one independent for seeds 3 through 6. The Independent racers will be ranked within their district based on results. Within each seed a separate draw will occur. Separate draws will be made for slalom and giant slalom at the Districts and State Championships. Racers on teams that may not be complete (less than four racers) will be seeded in with the regular team racers. Definition of team racers: Racers whose school has a recognized alpine ski program. Independent racers are those who affiliate and train with another school, a recognized team and abides by the same rules and procedures as a team skier.
- b.) For State Championships: Independent racers will be ranked within their District and then through alternating seeding between the north and the south. Again, if there are more than 6 independents in a gender then two or more independent racers may be added to a seed starting with the 1st seed.
- c.) If a school is hosting the State Championships and did not qualify as a team, they are eligible to enter their team in that event.

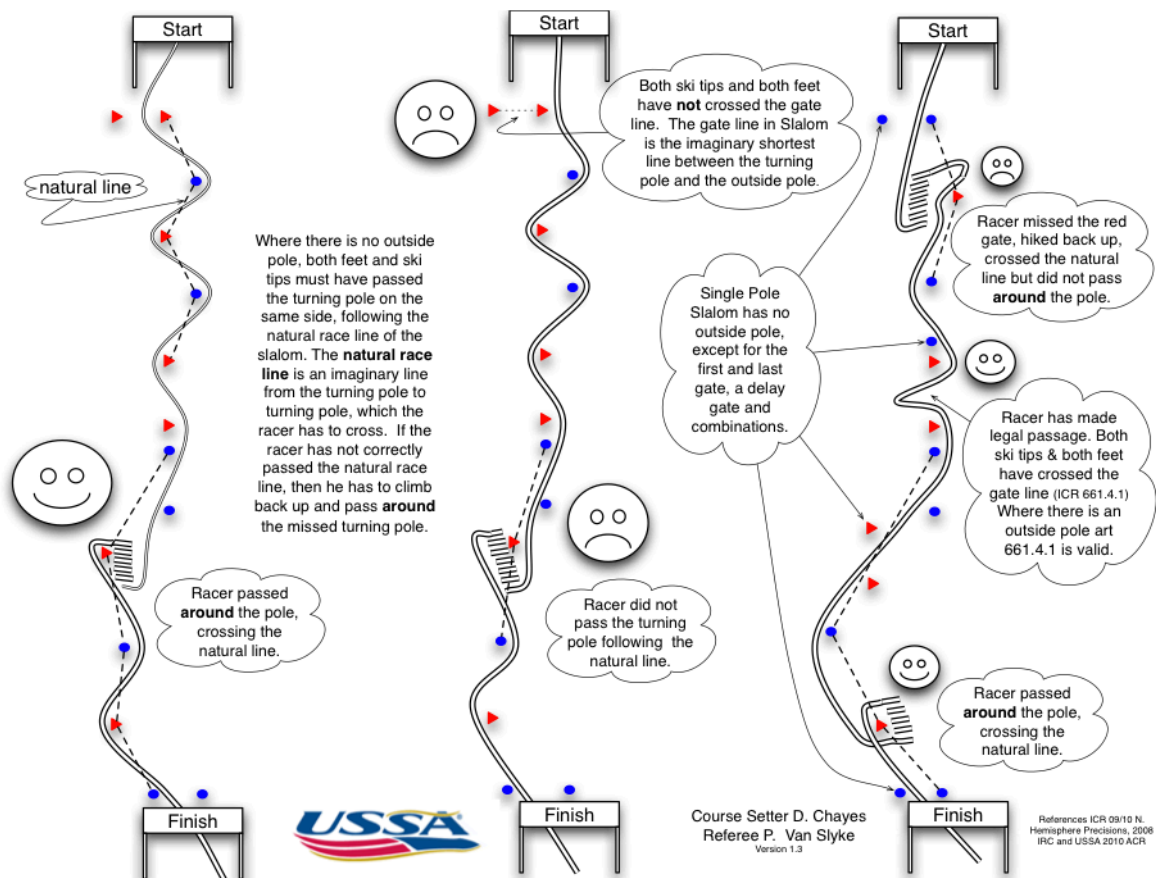
6. Gatekeepers

- a.) Prior to the race the The Chief Gatekeeper will give a general description and outline the duties to the gatekeepers. Coaches need to prepare in advance their students or adult gatekeepers as to the importance of their duties and how to gatekeeper correctly.
- b.) Items to be covered in gatekeepers meeting by Chief Gatekeeper or race host to the gatekeepers:
- Thank You! Your job as gatekeepers today is very important!
 - Stand where you can see all your gates and be ready to respond to a racer needing help, a panel off a gate or a gate knocked out of snow or leaning.
 - All gatekeepers should be on the same side of course (preferably away from spectators) and be in place 15 min prior to the first racer.
 - Electronic devices may not be used at any time.**
 - All gatekeepers must be easily identifiable by a racer with a pinnie or bib.
 - Both ski tips and boots must go around the gate. Racers cannot step on a gate.
 - You can actively give a racer help. They do not need to ask. Speak clearly and loud , “back to red/blue” then “go” when they legally completed the gate(s) you are advising them on.
 - If a racer misses a gate, they must hike up and around the gate in either direction. (see diagram A)
 - If a racer is hiking they must be told by you (the gatekeeper) to make way for the oncoming racer and the racer must pull away from the course. Once they have been passed, tell them they may continue racing after making a legal passage of the course.
 - Gatekeeper may remove equipment from the course that has fallen off the racer.
 - You may inspect racers tracks to verify where they went.
 - Record only dq’s with a brief description of fault and a sketch on your card. Record bib number and gate number. You may be asked later to recall the fault. You can pre-diagram your gates in advance on your card.
 - Stay in place after the last racer. The chief gatekeeper will come to you and get your clipboard. Inform him/her of any faults.
 - If a racer is interfered with (gate down, another racer, etc) they may stop and ask you for a re-run. Mark

down the bib number and direct them to the finish or start referee. Inform them NOT to go through the finish.

- Make notes and take the bib number of any misconduct or unsportsmanlike conduct.
- If you observe a fault not in your assigned gates, make a note of it.
- Replace any broken gates, fix loose giant slalom panels and maintain your section of gates or ask for assistance from a course worker.
- Don't discuss any faults with anyone except the head gatekeeper.
- Make notes about unsportsmanlike behavior.

Diagram A:



c.) Information for Chief Gatekeeper only:

- Have gatekeepers meeting as early as possible in a quiet place and go over the above info with all gatekeepers.
- Have all gatekeepers sign in on the sign in sheet.
- Assign gatekeepers for 1st run (boys and girls). Assign other gatekeepers for the 2nd run and tell them

where and when to meet. Make notes with the name and school of who is on what run.

- Take 1st run gatekeepers and have them meet you at the start 30 minutes before the start of the race.
- From the start, take them all at once and assign gates as you descend. Keep track of gate numbers and gatekeepers names on the way down and be clear about what gate numbers they have.
- Place experienced gatekeepers at under gates, combinations or difficult sections.
- 2nd run is bibo and the numbers will not be in order

7. Sportsmanship

a.) A racer may be warned or disqualified from an event for vulgar language, misconduct or un-sportsmanlike conduct. A warning or a disqualification may be issued upon arrival at the event through departure. Violations may be reported by gatekeepers or race officials to the referee, protestable through the jury. The jury must meet on all reported violations. The jury may warn the racer with no penalty, disqualify the racer or take no action on the reported violation. A second warned offense at the same event results in disqualification from that event and the next event. If a racer is disqualified, his result in that event will not count. If a racer is disqualified after the first event has been completed, the results of that event stand. The racer, coach and TD must be notified of the violation(s) and the ruling made by the jury. The rules apply during the regular season, districts and State Championships. If a racer has received a warning during the regular season, that racer enters the districts with that warning. Thus, a second violation will result in a DQ for the remainder of that event. A warning at districts carries into State Championships. Per VPA rules, if an athlete is disqualified from an event they will miss the next VPA sponsored competition. The disqualification will essentially act as a red card.

8. Hosting/Awards

a.) Hosting Checklist: TD _____ Ref _____ Jury _____ - _____ - _____ - _____ CG _____
Course Setters _____, _____, _____ CR _____ Starter _____ Course Clearing _____, Start
Ref _____, Registration _____, _____ Gatekeepers _____, _____, _____, _____
Timer _____, Course Crew _____, _____, _____, _____ Scoreboard _____, _____ Bib
Retrival _____ Announcer _____, Forerunners _____, _____, _____ Bib Sort _____ Clear Hill _____

b.) Do you have...bibs ready, running orders, scoreboard, lift tickets, extra gates & drills on hill, ski patrol, crowd control. Coaches meeting should address the day at hand. Inspection, sideslipping, intervals, weather, start time. Are all officials in place and identifiable with armbands? Do key people (TD, starter, finish referee, timer, course clear/intervals person) have radios?

c.) Districts Awards: Top two teams girls/boys receive a plaque or trophy, top 10 individuals in each event receive a medal. Total cost is paid for by schools participating. Host school is responsible for ordering and charging an award fee. There will be team and individual season long sportsmanship awards given at awards for NVAC and SVAC.

d.) State Championship Awards: The VPA will provide plaques for top two teams, boys/girls. A revolving male/female combined winner team trophy will be given out. Awards will be given out to the top ten racers in each event. This cost will be charged to the teams participating. The host school is responsible for ordering these awards. All other costs involved will be borne by the participating schools. Any school hosting a district or State Championship event must ascertain what costs may be involved in the meet (timing, lift tickets, etc.) and then notify the participating schools of these charges and bill each school their equalized share. If lift fees are to be charged by the mountain, participating schools should be made aware of this before the scheduled race.

Ski Committee: Bob Cochran, Pat Anderson, Melissa Patterson, Danielle Hampton, Tim Albertson (VPA)