



USA NORDIC

AGE APPROPRIATE HILL SIZE POLICY

PURPOSE OF THE GUIDELINES

As the National Leadership Organization, we are tasked with providing guidelines and development resources for the sports of Ski Jumping and Nordic Combined. USA Nordic has published this document to set standards for the appropriate size hills for age group competitions and more generally training, though training sessions can have more variability. These guidelines are not intended to be punitive, but rather to create uniformity in hill size across the country. This is grounded in improving skills that correspond with an athlete's progression within the Long Term Athlete Development model. We strive to create a system of development where athletes progress along a pathway in an age appropriate and safe manner that will keep them in the sport and allow them to excel as they mature athletically, physically, and socially.

STATEMENT

Athletes and parents should have the utmost confidence that the size hill that each athlete is jumping is appropriate for their skill level.

For the safety and welfare of athletes, it is the official policy of USA Nordic Sport that competitions be held on the following size hills for each age group.

- **U8: 10 meter maximum or a club's smallest hill size**
- **U10: 10 – 20 meter**
- **U12: 20 – 40 meter**
- **U14: 30 – 59 meter**
- **U16: 50 – 75 meter (or largest hill if smaller than a 50 meter)**
- **U18 and above: 60 meter and above**

These sizes overlap do to varying ranges in hills sizes at clubs across the country.

It is also USANS Policy that athletes can compete in their age appropriate hill size and one age group higher but not more. For Example, a U10 skier can compete on a forty meter but no higher.