



USA NORDIC AGE-APPROPRIATE NORDIC COMBINED RACE DISTANCE 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 nordic combined race distances 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 race distances 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 race distance that each athlete is skiing is appropriate for their skill level.

For the safety and welfare of athletes, it is the official policy of USA Nordic Sport that cross country ski races be held at the follow distances for each age group.

- **U8:**
- **U10: 1km – 2km**
- **U12: 2km – 3km**
- **U14: 3km – 5km**
- **U16: 5km**
- **U18 and above: 5km – 10km**

These distances may overlap due to varying ranges in locations across the country.

If an athlete is jumping more than one hill during a competition, when it comes to racing a Nordic Combined race, all hills will run the race at the same time. The athlete should race in their age-appropriate hill class, and not one up.