

2023 Eastern Junior National Qualifying Rules



2023 USA Nordic Junior Championships

Mt. Itasca Winter Sports Center

Coleraine, MN

February 21st, 2023 – February 25th, 2023

ESJNC Junior Championship Committee

ESJNC Head Coach – Colin Delaney – colind@nysef.org

ESJNC Committee Member – Chris Jones – atcjones@yahoo.com

NH HS Representative – Chip Henry – chip@linestripe.com

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What are Junior Championships?

Junior Championships for Ski Jumping and Nordic Combined (JNs) takes place every year towards the end of the competition season. It has evolved from what was formerly called Junior Olympics and is, just as the name implies, the National Championships for the best junior ski jumpers and nordic combined skiers in the country.

It traditionally takes place during the last week of February and the first week of March and rotates among the five divisions of the United States Ski Association which hold competitions in Ski Jumping and Nordic Combined.

There are only two classes per gender for these competitions:

U16 Class – YOB 2007-2010

U20 Class – YOB 2003-2006

There is always one individual ski jumping competition, one individual nordic combined competition, one team ski jumping competition, one team nordic combined competition, and one fun competition, such as a target jump or elimination jump.

JNs are held on hill sizes ranging in the K60-K70.

Junior Nationals Division Schedule

Year - Division

2023 – Central

2024 – Alaska

2025 – IMD

2026 – RMD

2027 – East

How to be eligible for Junior Championships?

- Meet the minimum age requirement of 1st year U14 (YOB 2010) set by USANS and USSA (2017 USSA Nordic Competition Guide item 125.2.2)
- Have a current USSS/USANS athlete membership (needs to be renewed July 1st every year).
- Compete and meet criteria at 3 qualifying events.

Qualification Criteria

U16 Boys & Girls

Invited competitors must participate in at least three JN Qualifiers. To be considered for the Eastern Team for JNs, a prospective athlete must be within 60% of the average points the top three U16 boys accumulate at these competitions, regardless of division. A minimum of 110 points must also be achieved.

This will be modified if there is a smaller field of athletes. Less than or equal to 3 athletes, an athlete must be within 60% of the winner. 4-5 athletes, an athlete must be within 60% of an average of the top 2. The minimum points still apply.

Coaches discretion may be applied in case of illness or injury, based on trending form, attitude and commitment. The final team selection will be made by the Eastern Junior National Committee and the head coach.

Example - 2022 Salisbury Eastern Championships U16 boys

1st Angelo Goodwin – 211.1 points

Average of top 3 = 189.1 points

2nd Jack Kroll – 200.8 points

60% is 113.4 points

3rd Mitchell Penning – 155.3 points

U20 boys and U20 girls

Same qualifying rules will apply for U20's as listed above under the U16 rules.

Nordic Combined

NC competitors must also follow the rules set forth for the special jumpers as you will be competing against special jumpers at the Junior Nationals. Anyone looking to compete in Nordic Combined at Junior Championships should compete in the Nordic Combined event at qualification events, if applicable.

Auto Qualifying

An athlete can be automatically be selected for the Eastern Junior Championship team if:

- He/she is a member of a USA Nordic Junior National and/or National Team for Ski Jumping or Nordic Combined.
- He/she qualifies for a World Junior Championship Team in Ski Jumping or Nordic Combined.

JN Qualifying Events for 2022-2023 Season

This year we are expanding qualification events to those beyond just the K70 events we have included in the past. This allows athletes to qualify for Junior Championships while competing at the US Cup level, on hills above a K70. They still must meet the qualification criteria in the class they compete in.

Out of Division

Norge Ski Club K70 – 9/24/22

Any US Cup Event

Any USSA Sanctioned Event on a HS68 or higher

In Division

Lake Placid K48 - 12/30/22

Lebanon K50 – 1/8/23

Lebanon K50 – 1/22/23

Salisbury CT K65 – 2/3/23-2/5/23 – Required

An athlete's best 3 competitions will be used.

By the Wednesday following every qualifying competition, the point and percent spread will be updated and posted on www.easternskijumping.com.

Equipment Rules

All competitors trying out for the JN team must follow the USSA rules and guidelines pertaining to equipment.

U16s must be on skis that follow the 140% body height rule and suits that fit appropriately.

U20s must be on skis that follow FIS rules governing equipment (145% of height and following the BMI rule) and have a legal ski jumping suit that also follows FIS rules*.

All athletes must use a helmet with a label attesting conformity with FIS specifications for helmets, seen below. All athletes MUST wear gloves. Full FIS equipment rules can be found here - [Specifications_for_CC_JP_NC_Compiton_Equipment_clean_25.10.2022_full.pdf \(fis-ski.com\)](https://www.fis-ski.com/Document/COMPETITION-EQUIPMENT-2022-2023)

