

UNITED STATES LUGE ASSOCIATION

NATIONAL LUGE RACING REGULATIONS ARTIFICIAL TRACK

Revised September 2014



The following are modifications and/or additions to the current International Luge Racing Regulations - Artificial Track (IRO) that are to be adhered to during all national competitions.

Except as expressly stated within this supplement, or further amended in the Race Announcement, the IRO shall apply to all U.S. Luge Association sanctioned races.

For ease of use, the modifications contained herein have been numbered and sequenced to correspond to the rules contained in the IRO which have been suspended, added to, or otherwise modified. Several of the following rules are marked "ADDITION". In these instances the corresponding rule contained within the IRO still applies and is merely added to.

Preamble:

The USLA wishes to reinforce the importance and critical nature of good sportsmanship. As a result, the following rule is repeated here, verbatim, from the IRO. Section 1.7 of the IRO states that "All participating athletes and officials must behave fairly and in a sportsmanship like manner during a competition.

Section 3: Disciplines, competition runs, regulations for eligibility, ranking

4. Age Requirements:

4.2.3. Athletes belonging to the Youth Class B are eligible to start in the Youth Class A. Youth B Athletes may start with a singles sled with a maximum weight of 23 kg and or a doubles sled with a maximum weight of 27 kg. In any case, no additional weight may be added to the sled to adjust for low weight.

4.4: (FIL Seniors, USLA calls Masters) Masters class athletes are 30 years of age or older, and must be officially retired from open competition for a minimum of two (2) years if previously on a team (Sr. National or Select Athlete) to qualify for entry in the Masters National Championships. In Masters National Championship competitions on the Park City track, all disciplines shall start at the “Junior Start” location. Start location for Masters National Championship competitions at the Lake Placid track will be at Curve 9 (Start 4 -Junior Start) for both men and women. At the discretion of USLA, the Masters may be divided into Masters Athletes & Senior Masters Athletes.

4.5: **Addition:** For the primary purpose of promoting sport development and at the discretion of the event organizer in conjunction with the coaching staff, an “Open Class” may be formed at any start location for athletes wishing to compete where otherwise a racing class for those particular athletes cannot otherwise be formed in accordance with IRO Section 3, at that start location.

Athletes participating in an “Open Class” must abide by all technical regulations, i.e. sled weight, additional weight, etc., pertaining to the class in which they would normally race as if their class could be formed.

In the event an “Open Class” is formed wherein there are enough participants in the “Open Class” to have formed a separate class, and providing that their sled or additional weight provisions vary

under the provisions of the IRO, e.g. 2 juniors competing against 4 youth, or 2 Junior Men competing against 3 Junior Women, then in that event, awards shall be made to those athletes in which a separate category could have been formed as if they had raced in their own separate category.

In the event their sled and additional weights do not vary under IRO Section 3, then no separate awards shall be made. The forgoing shall not apply to National Seeding or National Championship races.

5. Seeded Groups:

Suspended in its entirety. In the event seeded groups are to be used, the method for seeding shall be stated in the "Race Announcement".

6. Start Order:

6.1 In all disciplines, the 1st run will start in the order of the draw. In all disciplines, the start order in the 2nd race run is as follows: Last place to 1st place according to the placing of the first race run. (Note: There is no spritz before the top 15 athletes.) If there is a 3rd race run (as there is with selection/race offs), the start order shall be as follows: 1st run, order of draw #1 to end; 2nd run, end to #1; 3rd run, last place to 1st place according to the placing of the combined run's 1 & 2.

6.4 Team Relay Competition: The word nation is replaced by the word club. Teams may also be formed by coach selection.

9. Authorization to Participate in Competition:

Addition: The athlete must be cleared to race from their respective start by a USLA Coach or the program coordinator if coaching that athlete. Clearance may only be given to a competitor if the competitor is leaving from the handles and safely getting down the course, on a consistent basis, with no braking, during training prior to the race.

10. Ranking:

Suspended in its entirety. Points shall be scored according to USLA policy as outlined in the USLA National Policy Manual.

Section 4: Race Administration, Jury, Technical Delegates, International Judges

2. Jury:

2.3.2 Is suspended for National Races. Officials on the Jury may serve in more than one position at a race, so as to preclude canceling a race due to a shortage of officials.

3. Technical Delegate:

At National races, there shall be only one (1) TD.

5. International Judges

5.1 Only officials possessing a National and/or FIL Judges License may serve in a position of race leadership in National competitions.

5.2 & 5.3 **Addition:** This also applies to National Officials.

Section 5: Sled and Equipment

1. General regulations on the sled:

Addition: 1.3 In all categories, for competitors participating on large Latvian training sleds only, the maximum sled weight shall be 17kg. However, no modifications shall be permitted to increase the weight above the sled's "stock" weight. Further, for the categories of Youth A, Juniors, General, and Senior; for the purpose of calculating allowed additional weight and total weight for competitors on large Latvian training sleds only, the sled shall be deemed to weigh the greater of the sled's actual "stock" weight or 21kg.

Addition: Athletes belonging to the Youth B class who are starting in the Youth A class may use a singles sled with a maximum weight of 23 kg and/or a doubles sled with a maximum weight of 27kg. In any case, no additional weight may be added to the sled to adjust for low weight.

2. General regulations on equipment:

2.1.2: During National Competitions, there shall be no maximum pad thickness, provided all pads are for protective purposes only and no aerodynamic advantage is gained through their use. Each competitor is responsible to have any padding in excess of 10mm thick approved for use by that competition's Technical Delegate prior to the competition.

2.3 Safety Helmet.

The wearing of a safety helmet with face shield is mandatory for artificial track. Notwithstanding the foregoing, each athlete who trains/races from above Junior Start, in the case of Park City, and above Curve 12 (Start 5 - Tourist Start), in the case of Mt. Van Hoevenberg, must wear the FIL sanctioned helmet and faceshield. Wearing of the FIL safety helmet is required for all age groups. For our national races, we will allow our General Class, Juniors, Youths, and Masters to wear their current helmets that carry the FIL Certification sticker.

2.4 Racing Shoes

Addition: Where an athlete cannot obtain official racing shoes due to size availability, a comparable racing shoe will be allowed provided there are no aids incorporated that would make it illegal according to the provisions of the IRO. The officials are required to inspect it.

Section 8: Training and Weigh-in

4. Weigh In:

4.1 An official of the same gender as the category being weighed shall be present during all weigh-ins.

Weigh-ins will be mandatory for all races.

4.2 A jury member or TD does not need to be present. The weigh in is conducted by a National or FIL Race Official.

Section 9: Race Preparation

1. Entries:

Each athlete shall be entered upon presentation of their racing license (sliding pass) and payment of the entry fee.

2. Entry Fee:

Entry fees will be paid at weigh in, in U.S. Dollars

3. Draw:

3.2 The Race Director or Race Secretary is the Chairperson of the Draw. The draw follows takes place after the weigh in. All draws for national competitions shall be by name.

3.3 Suspended.

3.4 - 3.6 Suspended in its Entirety. Should seeding occur, any special instruction for the draw shall be stated in the Race Announcement.

Section 10: Race Program, Results

2. Inspections at the Start:

Addition: During non-seeding / non-championship national competitions, the measurement of the empty spaces / spaces to

be measured between the runner and blade may occur at either the start or finish, or may be eliminated in its entirety at the discretion of the Race Director in consultation with the Technical Delegate. During all national seeding and championship competitions, the measurement of the empty spaces / spaces to be measured between the runner and blade shall be mandatory, but may be performed at either the start or the finish at the discretion of the Race Director, and the location of the check shall be published in the race announcement.

2.1.4 If a scale is not available at start, the weight controls of sled and athlete can be done at the finish.

4. Inspections at the Finish:

4.1 **Addition:** For control checks, no more than 50% of the class shall be controlled.

4.4 Pressure Measurement Steel/Runner, Connector: The TD, in conjunction with the Race Director, may decide not to do this inspection.

6. Timing

6.1 **Addition:** During National competitions, additional light barriers at the start and finish area need not be covered.

7. Results:

7.5 At the end of the competition, the official results are to be posted conspicuously. Immediately after the competition one (1) original copy of the official results shall be sent to the USLA, Lake Placid office.

7.6 All documentary evidence (start forms, finish forms, etc) is to be sent to the USLA main office by no later than the end of the season, and shall be kept on file for future reference. Note: The official list of race official assignments must be turned in to the USLA Lake Placid office immediately after the completion of the race along with the official results.

Section 11: Protests

2.2.3 A protest fee of \$20.00 U.S. is to be paid when the protest is submitted.

Section 12: Awarding of Titles, Award Ceremony

1.1 – 1.5 Titles for Senior, Junior, and Youth category National Championships are defined as follows:

National Champion in Men's Singles, National Champion in Women's Singles, National Champion in Doubles, Junior National Champion in Men's Singles, Junior National Champion in Women's Singles, Junior National Champion in Doubles. Youth A National Champion in Men's Singles, Youth A National Champion in Women's Singles. Note: Same titles as Youth A for Youth B, C, etc. There is no Team or Team Relay National Champion.

4. Certificates:

4.2 Distribution of certificates shall be at the discretion of the event organizer. For Junior and Youth National Races, certificates will be provided.

5. Medals:

5.2 The medals are provided as follows:

By the USLA for all USLA sanctioned races.

By the event organizer for all non-USLA sanctioned races.

6. Pins for Competitors and Officials:

Suspended in its entirety.

7. Gifts of Honor and Remembrance:

Suspended in its entirety.

8. Awards Ceremony and Conclusion of the Event:

If there are less than three ranked athletes in one discipline, the awards ceremony will not be staged. Clarification: A minimum of three (3) eligible competitors per racing class is required.

Once a class has been established by qualification and registration, that class is valid for the competition and an awards ceremony will be held even if an athlete DSQ's or DNF's.

Section 13: Concluding Regulations

The Race Committee is empowered to make changes that can be "reviewed" by the USLA Executive Board.