

USSA Penalty, Race Points, and Seed Points

PARA World Cup Points



USSA Seed points are used to determine the starting order in almost all USSA scored races for athletes 15 years and older. Lower seed points will provide a favorable (earlier) start position and provide a fairly accurate method of comparing the skills of one athlete anywhere in the country with any other athlete. All J2 and older athletes may participate in any USSA scored race except invitational championships. Occasionally, second year J3 athletes may participate in “open” scored races (races that are not part of a series such as the PA Cup). As you will see, it is advantageous for all second year J3’s to begin earning points as soon as possible. See below for an explanation of World Cup Points used to determine overall placement in PARA race series for all age groups. WC points are not related to USSA seed points.

One of the difficulties in understanding points is that “points” can refer to several different types of numerical indicators or calculations that are all used to derive a single athlete’s USSA seed points. Seed points are the average of the points earned by one athlete from his two best results. They are used to determine start order in a scored race. Athletes who have not earned any points in previous scored races start with 990 points. Like a golf handicap, the object is to lower your points.

The 15 athletes with the lowest seed points start in random order in the first 15 positions of the first run. All other athletes (after the top 15) with seed points start in the order of their points. So, the competitor with the 16th lowest seed points will start 16th, the 17th lowest will start 17th and so on. All competitors with 990 points are randomized and start last after all the seeded competitors. You can see why it is beneficial to lower your points as quickly as possible so you are not starting at the back of the pack.

Four Types of “Points”

- **Race Points:** Points calculated by multiplying the factor (as determined by FIS) for that event times the percentage of time that an individual competitor is slower than the race winner. The winner always earns 0.00 race points. The 2010 factor for SL is 600 and 880 for GS. A racer who finishes 1.00% slower than the race winner in a GS would score 8.80 race points: $1.00\% \times 880 = 8.80$ points.
- **USSA Seed Points:** These are often just referred to as a competitor’s points. The Seed Points earned in one race are calculated by adding the “penalty” for the race to the “race points” earned by each individual competitor. Remember, the lower, the better. So, if the race penalty is 80.00 and an athlete earns 20.00 race points, that athlete earns 100.00 seed points for the race. If, in his next race in that same event, he earns 120.00 points (and these are his two best results), he will have 110.00 USSA seed points (the average of his two best results). This is what will be used to determine his/her starting position.
- **Penalty Points:** This is the complicated one. The penalty for a race is calculated by adding the pre-race seed points of the best 5 racers (5 with the lowest seed points) that started the race to the pre-race seed points of the best 5 racers that finished the race in the top 10. Then the race points of the best 5 that finished in the top 10 are deducted from the sum and that total is divided by 10. In general, the better the quality of the field (based on their USSA seed points), the lower the penalty. If there are at least 10 finishers in a race, the timing software calculates the penalty and it will appear at the bottom of the official results. For an example of this calculation, [click here](#). You might have to enable Macros in your browser’s security to view this spreadsheet.
- **World Cup Points:** used for calculating overall ranking in a series of races. Not associated with calculating seed points. See below.

Points are not DEDUCTED from current seed points. As soon as an athlete has two or more results, his seed points are simply the average of his two best results. There are a few adjustments made by USSA to each athlete's points. A small number of points are added to every competitor at the beginning of each season. If an athlete has no results in a full season, a large number of points are added to his/her seed points. There are also rules that can change the penalty under certain unusual circumstances. These rules are not explained here.

Points lists are updated 13 times per year – about every 3 weeks during winter. See the USSA Alpine Competition Guide for these dates.

[Click here](#) for an example of calculating points. Macros must be enabled in your browser's security.

World Cup Points: points earned by finish placement in a race or run. WC points are awarded to the top 30 finishers in a race. They are used to determine overall placement in a series of runs or races. In all scored races, it is based on the combined time of both runs. In many non-scored races, WC points can be earned based on the results of a single run. PARA uses WC points to determine overall placement and eligibility for the PA State Teams. For scored racers, it is the combined WC points earned in all 8 PA Cup races. For non-scored racers WC points are used to determine qualifying and seeding position for the derbies and they are also used to determine overall placement in the derbies. For qualifying for the J3 and J4-5 Derbies, the Central region of PARA usually uses the best WC points earned by each competitor from one more than half of all scheduled runs. So, if there are 10 runs scheduled from 5 race days, they will take a competitor's best 6 runs to determine qualifying position. At the derbies, they will use the WC points earned in all runs combined for overall placement and eligibility for state team. WC points for PARA races have no effect on USSA seed points and vice versa.

Finish Position	World Cup Points Earned	Finish Position	World Cup Points Earned
1	100	16	15
2	80	17	14
3	60	18	13
4	50	19	12
5	45	20	11
6	40	21	10
7	36	22	9
8	32	23	8
9	29	24	7
10	26	25	6
11	24	26	5
12	22	27	4
13	20	28	3
14	18	29	2
15	16	30	1