

How do I freeze my U.S. Ski & Snowboard and/or FIS points?

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Injured athletes may apply for a Single Penalty also referred to as freezing points. The athlete must maintain their U.S. Ski & Snowboard membership and FIS if they have are FIS registered.

Information about the Single Penalty can be found about half way down this page under the [Alpine Points Information](#).

Posted : [Matt Lemon](#) - Mon, Feb 6, 2017 10:14 AM. This article has been viewed 3127 times.

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