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## ALPINE SKIING

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The Official Special Olympics Sports Rules for Alpine Skiing shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon Federation Internationale de Ski (FIS) rules for Alpine Skiing found at <http://www.fis-ski.com/>. FIS or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Alpine Skiing or Article I. In such cases, the Official Special Olympics Sports Rules for Alpine Skiing shall apply.

### SECTION A — OFFICIAL EVENTS

The following is a list of official events available in Special Olympics.

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

1. 10 Meter Walk
2. Glide
3. Super Glide
4. Novice Super-G
5. Novice Giant Slalom
6. Novice Slalom
7. Intermediate Super-G
8. Intermediate Giant Slalom
9. Intermediate Slalom
10. Advanced Super-G
11. Advanced Giant Slalom
12. Advanced Slalom

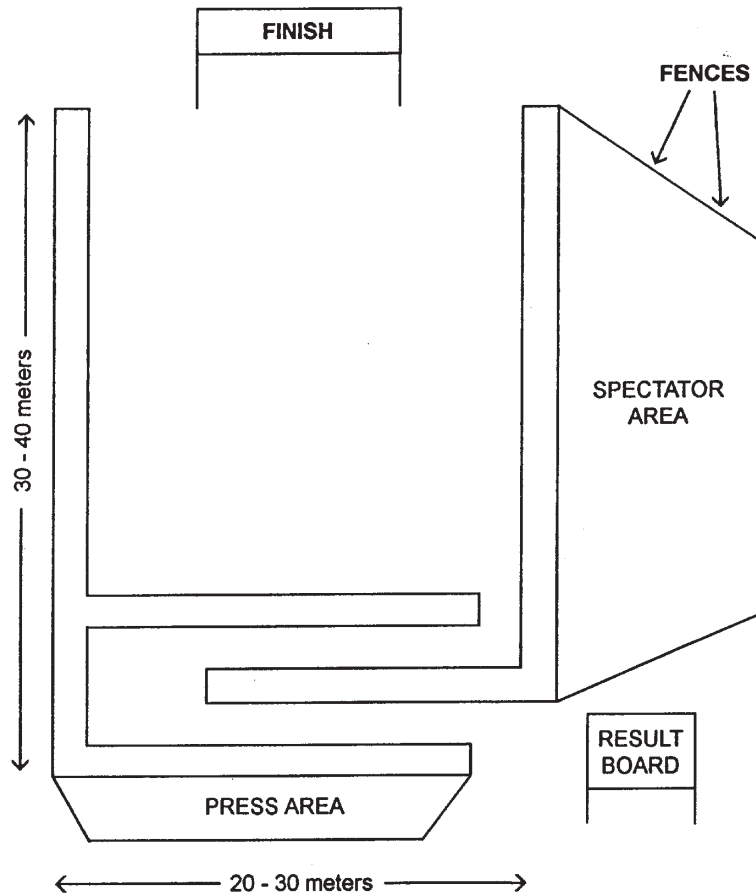
### SECTION B — FACILITIES

1. Slopes must be suitable in length, width, and difficulty to accommodate skiers abilities. All race and training venues must be safe.
2. Whenever possible, lifts will be available either on or directly adjacent to the race and training venues.
3. The finish area for all alpine races shall allow enough room for a competitor to safely come to a stop. Whenever possible, all finish areas shall be fenced to keep spectators off the venue. (See Diagram, page 2.)
4. Warming facilities should be readily available from the slopes and parking lot. The facilities should be large enough to accommodate the Special Olympics group in case of inclement weather. Volunteer registration should be conducted inside. Awards ceremonies should be conducted inside only in case of bad weather.



## ALPINE SKIING

SEE DIAGRAM: FINISH STADIUM



5. A ski area parking lot should allow for enough parking spaces for event volunteers, Special Olympics staff, coaches and athletes. Emergency vehicle access is mandatory.
6. Ancillary Facilities
  - a. Room for ski storage
  - b. Room for ski preparation
  - c. Room to store Special Olympics equipment
  - d. Ski rentals
  - e. Room for coaches' meeting
  - f. Covered facilities for:
    - 1) Jury Meeting
    - 2) Event Timing and Calculations
    - 3) Start Building

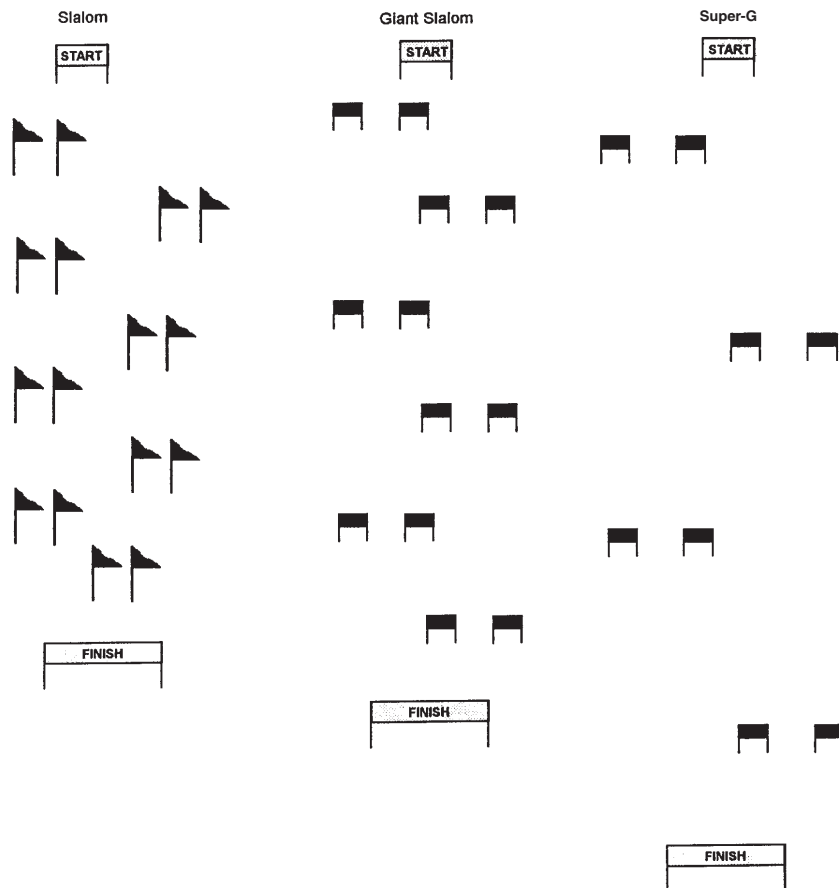


# ALPINE SKIING

## SECTION C — EQUIPMENT

1. A helmet appropriate for alpine ski racing shall be required for all forerunners and competitors in official training and competition for all levels. Helmet selection should be made with the help of a knowledgeable alpine coach or ski shop employee. (FIS rule 614.2.3 or 627.6)
2. Skis
  - a. Beginner and Novice alpine athletes may use skis that are 100 cm and longer.
  - b. Alpine athletes may use skis shorter than 130 cm as part of competition to accommodate physical disabilities, i.e. outriggers
  - c. The Alpine Jury reserves the right to approve additional consideration for the use of shorter skis.
3. Sitting skiers –Athletes in bi-skis with stationary outriggers must be tethered. Athletes will be disqualified if their tetherer holds the buckets for more than the first and last gate. All other skiers with physical disabilities will compete according to the rules of the International Paralympic Committee (IPC) <http://www.ipc-alpineskiing.org> for sit down, visually impaired and stand-up skiers. They will be divisioned by the Special Olympics Sports Rules for Alpine Skiing.
4. The ski area shall provide adequate snow grooming and venue preparation for all events. For deteriorating snow conditions course maintenance tools (rakes, shovels, and chemicals to harden snow) will be used and are the responsibility of ski area.
5. Two slalom poles, separated by a distance of 4 to 6 meters across the fall line (across the hill) shall be used to establish a slalom gate. In Giant Slalom and Super-G, two sets of two poles with a panel between, constitute a gate. For Giant Sla distance from the turning pole to the outside pole across the fall line is 4 to 8 meters. The Super-G distance is no less 8 meters. For Giant Slalom and Super-G, panels shall be used. The first gate (or sets of gates) after the start should always be red.

## COURSE LAYOUT





## ALPINE SKIING

6. An auger or crow bar shall be made available for the course setter to set poles into the snow.
7. Adequate protection for the start and finish areas shall be provided. Fencing and/or popfencing may be used.
8. Whenever possible, for safety reasons, the courses should be fenced off to be perceived by the skiing public as a self contained racing venue. Additional fencing, snow fencing, and protective bagging are the responsibility of the ski area.
9. Start and finish banners shall be used.
10. Whenever possible, electric timing equipment, with back up system, shall be used. When this is not possible, hand held timing may be used. Gate judges shall be responsible for timing the two minutes for the two minute rule (see Two Minute Rule).
11. Public address system shall be available for:
  - a. Announcing competition staging and results;
  - b. Broadcasting a commentary during competition.
12. Information boards:
  - a. Start Order Board—Shall be located at the start and contain the athletes' start order, bib number, and other pertinent information.
  - b. Result Board—Shall be located outside the finish area to post results and list athletes by name, start order, and bib number.
  - c. General Information Board—Shall be located in close proximity to the racing venues, awards area, and lodge and contain general information and announcements.
13. The ski area shall make available their ski patrol to oversee all medical needs and procedures for the events. In the case of medical volunteer participation, the ski area must be informed well in advance of the event so they may coordinate the medical procedures. At most ski locations, this is defined as the responsibility of the ski area.
14. Ski equipment repair tools shall be used by certified equipment personnel during race situations.
15. A communications system, connecting race venues, medical personnel, volunteer coordinators, and event officials, shall be in place. Race venues may have additional communication.
16. At times it is helpful and imperative to identify race and event officials. Host organizations may want to provide arm bands or windbreakers.

### SECTION D — PERSONNEL

1. Alpine Jury
  - a. Referee
  - b. Chief of Race
  - c. Chief of Course
  - d. Start Referee
  - e. Finish Referee
  - f. Assistant Referee
2. Officials—Non Jury Members
  - a. Chief Gate Judge



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**ALPINE SKIING**

- b. Chief of Timing and Calculations
  - c. Race Secretary
  - d. Chief of Medical
  - e. Chief of Information
  - f. Chief of Race Equipment
  - g. Course Setter
  - h. Assistant Course Setter
3. Volunteer Race Workers
- a. Gate Judges
  - b. Forerunners
  - c. Course Marshals - Steward
  - d. Course Crew
  - e. Timing and Calculations
  - f. Medical/Ski Patrol
  - g. Runners
  - h. Assistants to the Start and Finish Referees
  - i. Announcers

**SECTION E — RULES OF COMPETITION**

1. General Rules and Modifications
- a. While FIS rules offer Special Olympics athletes and competition directors the benefits of standardized ski competitions worldwide, it must be remembered that FIS rules were written for conducting competitions in which only athletes who have acquired a relatively high level of skill participate. A small percentage of Special Olympics alpine athletes have acquired such a high level of skill. Therefore, it is appropriate to assess all Special Olympics athletes on ski courses which meet their abilities. FIS regulations for alpine skiing (number of gates, vertical gate combinations and vertical drop) develop courses on terrain which is too steep and long for skiers of lower abilities. Special Olympics alpine courses have been modified from the FIS rules to accommodate our athletes. The rules for setting courses, i.e., widths of gates, distance from turning pole to turning pole, start and finish area requirements, remain largely the same. Specific alpine modifications shall replace FIS requirements as stated in the Official Special Olympics Winter Sports Rules.
  - b. Athletes who have not mastered the skills required to participate in an event at the Novice level shall compete in the 10 Meter Walk, Glide and/or Super Glide events.
  - c. Divisioning
    - 1) All coaches are reminded to review the sections in the Article I of the Official Special Olympics Winter Sports Rules for clarifications of divisioning and age groupings.
    - 2) Beginner skiers shall be divisioned in the event(s) in which they are entered.
    - 3) Novice, Intermediate and Advanced skiers shall have two runs on a modified Giant Slalom course of their ability level, with the fastest time used to determine their division for competition. If time in the race organizers schedule permits, divisioning time trials may be conducted for each event. In the first run of competition in each division, the fastest trial time starts first, slowest last.



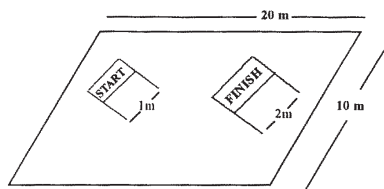
## ALPINE SKIING

- d. Course Setting: In the lower ability events (10 Meter Walk and Glide) the courses may be set using the same colored gates. The Super Glide shall be set by alternating blue and red gates.
- e. Start Areas: All start areas shall be flat, enabling the athletes to stand in the start in either a relaxed or ready position. Care should be given to provide easy access to this area as well as securing the area from the flow of general public skier traffic.
- f. Two Minute Rule: During competition, if the competitor moves out of the general direction of the line of the course (fall, miss a gate, lose a ski, etc.) he/she shall have 2 minutes from the time of the deviation to re-enter the course. A competitor who fails to adhere to this 2 minute time limit, or receives assistance of any kind, shall be disqualified. Disqualification shall be determined on the gate card by the gate judge assigned to the gate closest to where the infraction occurred. The gate judge is responsible for timing the 2 minutes.
- g. Start command - For all Special Olympics alpine events at each ability level, the start command shall be as follows: "5.4.3.2.1. GO!" The timer begins when the athlete's front boot crosses the start line, or when the electric timing wand is activated.
- h. Gate Line: The gate line in downhill and giant slalom, where a gate consists of two pairs of poles holding panels between them, is the imaginary shortest line between the two inner poles at ground (snow) level. The gate line in the slalom is the imaginary shortest line between the turning pole and the outside pole at ground (snow) level.
- i. Correct Passage: A gate has been passed correctly when both the competitors' ski tips and both feet have passed across the gate line. If a competitor loses a ski without committing a fault (not by straddling a slalom pole), then the tip of the remaining ski and both feet must have passed the gate line. The start and finish lines are the same as a gate line.
- j. In the event that a competitor removes a pole from its vertical position before both the competitors' ski tips and both feet have passed the gate line, the ski tips and feet must pass the original gate line (marking in the snow).

### 2. Beginner Alpine Skiing Events

#### a. 10 Meter Walk

##### 1) Diagram



##### 2) Set-up

- a) Locate a flat area which provides 20 meters by 10 meters in which to set up the event.
- b) Close proximity to the base lodge and registration is helpful.
- c) Set two poles 1 meter apart between which a start line is indicated on the snow (colored dye).
- d) 10 meters from the start, set a finish line of two poles, 2 meters apart with the finish line indicated in the snow.

##### 3) Race Procedure

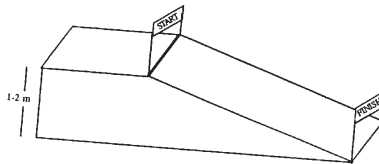
- a) Athletes stand in the start with the front of both boots directly over the start line. Athletes may or may not have ski poles.
- b) On the start command "5.4.3.2.1. GO" the athlete leaves the start area. If the athlete is having trouble starting, the start referee may assist in the forward momentum of the athlete.
- c) The timer starts when the athlete's front boot crosses the start line.

**ALPINE SKIING**

- d) The athlete glides from the start to the finish.
- e) The timer stops when the athlete's front boot crosses the finish line.

**b. Glide Event**

## 1) Diagram



## 2) Set-up Terrain (Beginner Terrain close to base lodge)

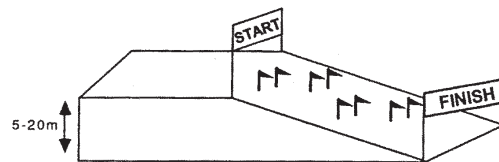
- a) The terrain shall be 1 to 2 vertical meters.
- b) The terrain shall be 10 to 15 meters in length.
- c) The slope is constant with the finish in a flat area.
- d) Set up a flat start area with the start line at the point where flat goes to glide terrain.
- e) Set the start gate 1 meter wide with the start line between the two poles.
- f) Set the finish gate 4 meters wide with the finish line between two poles. Use a finish banner whenever possible.

## 3) Race Procedure

- a) Athletes stand with front of both boots directly over the start line. Athletes may or may not have ski poles.
- b) On the start command "5.4.3.2.1. GO" the athlete leaves the start area. If the athlete is having trouble starting, the start referee may assist in the forward momentum of the athlete.
- c) The timer starts when the athlete's front boot crosses the start line.
- d) The athlete glides from the start to the finish.
- e) The timer stops when the athlete's front boot crosses the finish line.

**c. Super Glide**

## 1) Diagram



## 2) Set-up Terrain (Beginner Terrain close to the base lodge)

- a) The terrain shall be 5 to 20 vertical meters.
- b) Course width - 25 meters minimum.
- c) Course length - 50 to 100 meters.



## ALPINE SKIING

- d) Fall line terrain, constant pitch without fallaways or counter slopes.
  - e) Place 4 to 6 gates set rhythmically to allow for consistent gliding wedge turns the length of the course.
  - f) The start area shall be flat with the start line or timing wand set where flat area goes to slope. Start line is less than 1 meter wide.
  - g) The finish area is set at least 4 meters wide, entering athletes into a flat terrain area.
- 3) Race Procedures
- a) Athlete leaves on start command "5.4.3.2.1. GO".
  - b) When the front boot crosses the start line or the athlete's leg activates the start wand, the timer starts.
  - c) The timer stops when the athletes front (first) boot crosses the finish line.
- 4) Skill level - Gliding Wedge Skier

### COURSE LAYOUT

#### 3. Novice Skier Course Layout

Event	#of Gates	Vertical Drop	Course Width	Terrain Classification
Slalom	5 to 15	15 to 50m	30 meters	Novice
Giant Slalom	5 to 15	20 to 70m	30 meters	Novice
Super-G	5 to 12	25 to 70m	30 meters	Novice

#### 4. Intermediate Skier Course Layout

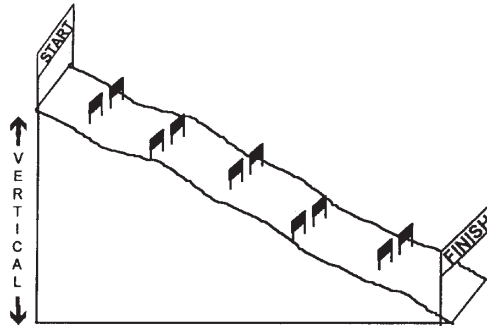
Slalom	15 to 30	30 to 100m	30 meters	Novice/Intermediate
Giant Slalom	15 to 30	50 to 150m	30 meters	Novice/Intermediate
Super-G	10 to 20	50 to 200m	30 meters	Novice/Intermediate

#### 5. Advanced Skier Course Layout

Slalom	20 to 45	60 to 200m	30 meters	Intermediate
Giant Slalom	20 to 40	100 to 300m	30 meters	Intermediate
Super-G	15 to 35	150 to 350m	30 meters	Intermediate



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**ALPINE SKIING****VERTICAL DROP DIAGRAM****6. Event Modifications****a. Slalom/Giant Slalom**

- 1) Slalom and Giant Slalom races will consist of two timed runs. The combined times for each discipline will determine the results for awards.
- 2) A course reset for the second run will be determined by the Jury.
- 3) In Slalom and Giant Slalom events, the athlete's first run times shall determine his/her second run start order within the division. Slowest first run time will start first, fastest last. Disqualified racers may have a second run, but they will run at the end of their division.

**b. Super-G**

- 1) Competition organizers may vary the degree of difficulty of the Super-G courses dependent upon the ability levels of the competing athletes.
- 2) One training run prior to the race run on the same course is required of all athletes.
- 3) Race organizers may elect to have the training run timed. This will have no bearing on start orders for the race.
- 4) The Super-G race will consist of one timed run.