

ALPINE SKIING GENERAL RULES

The Official Special Olympics Sports Rules shall govern all Special Olympics alpine skiing competitions. As an international sports program, Special Olympics has developed these rules based upon Federation Internationale de Skie (FIS) rules for alpine skiing. FIS rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply. For more information, visit www.fis-ski.com.

OFFICIAL EVENTS OFFERED

1. Slalom
2. Giant Slalom
3. Unified Slalom
4. Unified Giant Slalom
5. Super Glide**

ATHLETES MAY ENTER A MAXIMUM OF FOUR EVENTS

** The super glide event is for athletes who can only ski beginner runs (green circle). Athletes registered for super glide may not compete in other alpine events.

SECTION A – COLD WEATHER SAFETY

As per Special Olympics, Inc. and the International Ski Federation and United States Ski Association Joint Regulations:

- a. There are three main factors to be considered by the jury regarding cold weather safety: the temperature, the duration of the exposure, and clothing and other protection against cold weather. These factors together with any other relevant information, such as the "wind chill factor," must be taken into consideration when a decision is made regarding cold weather.

SECTION B – RULES OF COMPETITION

1. General Rules and Modifications
 - a. During competition, if a competitor should move out of the general direction of the line of the course (fall, miss a gate, etc.) he/she shall have two minutes from the time of deviation to re-enter the course.
 - b. Race Procedures
 - 1) Athlete leaves on start command "5 – 4 – 3 – 2 – 1 – GO"
 - 2) When the front boot crosses the start line or the athlete's leg activates the start wand, the timer starts.
 - 3) The timer stops when the athlete's front boot crosses the finish line.
 - c. Gate Line: The gate line in 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.
 - d. Correct Passage: A gate has been passed correctly when both the competitor's 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), the tip of the remaining ski and both feet must pass the gate line. The start and finish lines are the same as a gate line.

- e. In the event that a competitor removes a pole from its vertical position before both the competitor's 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. Divisioning

- a. If time permits, time trials shall be held on a modified giant slalom course for divisioning in all events.
 - 1) Individual events will be divisioned based on the athlete's time during time trials.
 - 2) Unified events will be divisioned based on the combined time from the athlete and unified partner during time trials.
- b. If no time trials are conducted, the athlete's fastest time from the Giant Slalom event will be used for divisioning in all events.

3. Event Specific Rules

- a. Super Glide
 - 1) Set-Up Terrain (Beginner terrain close to the base lodge)
 - a) The terrain shall be five to 20 vertical meters.
 - b) Course Width – 25m minimum
 - c) Course Length – 50 to 100m
 - d) Fall line terrain, constant pitch without fall-a-ways or counter slopes
 - e) Place four to six 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 the flat area goes to slope. The start line is at least four meters wide, entering athletes into a flat terrain area.
 - 2) 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 athlete's front boot crosses the finish line.
 - 3) Divisioning
 - a) Athletes will be divisioned by their fastest time in the Super Glide event.

LEVEL	NUMBER OF GATES*	SLOPE
Intermediate	15 – 20	"More Difficult" Trail
	10 min. – 20 max.	
Advanced	20 – 30	"More Difficult" Trail
	15 min. – 35 max. 15A	

*Includes Start and Finish Gates

- b. Giant Slalom and Unified Giant Slalom Modifications
- 1) Giant Slalom Competition shall consist of two runs with final finish determined by combined times.
 - 2) Unified Giant Slalom Competition shall consist of two runs – one run by the athlete and one run by the unified partner. Final finish will be determined by the combined times.
 - 3) The athletes will compete in bib number order – lowest number to highest number.
 - 4) Course-setters should set a course, which makes a competitor initiate a turn every 1.5 to 2.5 seconds after initiating the previous turn. Distance between the poles should be between four and eight meters apart.

LEVEL	NUMBER OF GATES*	SLOPE
Intermediate	18 – 24	"More Difficult" Trail
	15 min. – 30 max.	
Advanced	30 – 35	"More Difficult" to "Expert" Trail
	20 min. – 40 max.	

*Includes Start and Finish Gates

- c. Slalom and Unified Slalom Modifications
- 1) Slalom Competition shall consist of two runs with final finish determined by combined times.
 - 2) Unified Slalom Competition shall consist of two runs – one run by the athlete and one run by the unified partner. Final finish shall be determined by the combined times.
 - 3) The athletes will compete in bib number order – lowest number to high number.
 - 4) Course-setters should set a course which makes a competitor initiate a turn every .75 to 1.5 seconds after initiating the previous turn. (Distance between the poles should be no less than four meters and no more than six meters apart.)

LEVEL	NUMBER OF GATES*	SLOPE
Intermediate	18 – 24	"More Difficult" Trail
	15 min. – 30 max.	
Advanced	30 – 35	"More Difficult" to "Expert" Trail
	20 min. – 45 max.	

*Includes Start and Finish Gates

SECTION C – EQUIPMENT

1. Helmet
 - a. Helmets are required for all forerunners and competitions in official training and competition for all ability levels. Under the new regulations, helmets must bear a CE mark and conform to recognized and appropriate standards such as CEH.Din1077, ASTM F2040, SNELL S98 or RS 98.
 - b. Helmets must have a conformity label affixed by the manufacturer in a non-removable way, at the back of the helmet, in a position where it is not covered by the goggle strap. The conformity label must contain the text “Conform to FIS Specifications RH 2013”.
 - c. Helmets must cover the head and ears. Helmets with spoilers or edges that stick out are not permitted. Protective features, such as chin guards on SL helmets are permitted. Soft ear protection is only permitted for helmets used in SL.
 - d. Helmet mounted cameras are not allowed on helmets during official training or competition.
2. Skis
 - a. Beginner and novice alpine athletes may use skis that are 100cm and longer.
 - b. Alpine athletes may use skis shorter than 130cm as part of competition to accommodate physical disabilities i.e. outriggers.
 - c. The jury reserves the right to approve additional consideration for the use of shorter skis.