

# 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](http://www.fis-ski.com).

## **OFFICIAL EVENTS OFFERED**

1. Super Giant Slalom\* (Super G)
2. Slalom
3. Giant Slalom
4. Super Glide\*\*

ATHLETES MAY ENTER A MAXIMUM OF THREE EVENTS

- \* As per International Ski Federation rules, numbers 614.6 and 707, all competitors in Super G must wear a crash helmet for official training as well as for the race.
- \*\* The super glide event is for athletes who can only ski beginner runs (green circle). Athletes registered for super glide may not compete in the downhill, slalom or giant slalom 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. 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.
  - c. 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.

- d. 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. Time trials shall be held on a modified giant slalom course for divisioning in slalom, giant slalom, and downhill events. If time permits, trials may be conducted for each event.
- b. Each athlete will take two runs during time trials with the best time used to determine his/her division for competition; however, a re-run for divisioning purposes may be requested if the coach feels that the athlete did not perform to the level of his/her ability.
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.
- b. Super Giant Slalom (Super G) Modifications
- 1) Competition shall consist of one timed run.
  - 2) The athletes will compete in bib number order - lowest number to highest number.
  - 3) Prior to competition, athletes will be allowed a run on the Super G course.
  - 4) Course-setters should set a course which makes a competitor initiate a turn once every 2.5 to 3.0 seconds after initiating the previous turn. (Distance between the poles should be no less than eight meters apart.)

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.	

\*Includes Start and Finish Gates

- c. Giant Slalom Modifications
- 1) Competition shall consist of two runs with final finish determined by combined times.
  - 2) The athletes will compete in bib number order – lowest number to highest number.
  - 3) 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

- d. Slalom Modifications
- 1) Competition shall consist of two runs with final finish determined by combined times.
  - 2) The athletes will compete in bib number order – lowest number to high number.
  - 3) 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 A – EQUIPMENT

1. Helmet
  - a. A helmet appropriate for alpine ski racing shall be required for all forerunners and competitors in official training and competition for all ability levels. Helmet selection should be made with help of a knowledgeable alpine coach or ski shop employee.
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.