Alpine Skiing
Sport Rules

Special Olympics

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1. GOVERNING RULES

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.

Refer to Article 1, http://media.specialolympics.org/resources/sports-essentials/general/Sports-Rules-Article-1.pdf, for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

2. OFFICIAL EVENTS

2.1 The range of events is intended to offer competition opportunities for skiers 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 competitor's skill and interest.

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

2.1.1 10 Meter Walk

2.1.2 Glide

2.1.3 Super Glide

2.1.4 Novice Super-G

2.1.5 Novice Giant Slalom

2.1.6 Novice Slalom

2.1.7 Intermediate Super-G

2.1.8 Intermediate Giant Slalom

2.1.9 Intermediate Slalom

2.1.10 Advanced Super-G

2.1.11 Advanced Giant Slalom

2.1.12 Advanced Slalom

3. FACILITIES

3.1 Slopes

3.1.1 Slopes must be suitable in length, width, and difficulty to accommodate skiers' abilities. All race and training venues must be safe.

3.2 Lifts

3.2.1 Whenever possible, lifts will be available either on or directly adjacent to the race and training venues.

3.3 Finish Area

3.3.1 The finish area for all alpine races shall allow enough room for a competitor to safely come to a stop.

3.3.2 Whenever possible, all finish areas shall be fenced to keep spectators off the venue. (See Diagram, section 3.6)

3.4 Ski Area

 3.4.1   The ski area shall make available their ski patrol to oversee all medical needs and procedures for the events.

 3.4.2   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.

3.5 Warming Facilities

 3.5.1   Warming facilities should be readily available from the slopes and parking lot.

 3.5.2   The facilities should be large enough to accommodate the Special Olympics group in case of inclement weather.

 3.5.3   Volunteer registration should be conducted inside.

 3.5.4   Awards ceremonies should be conducted inside only in case of bad weather.

3.6 Finish Stadium Diagram
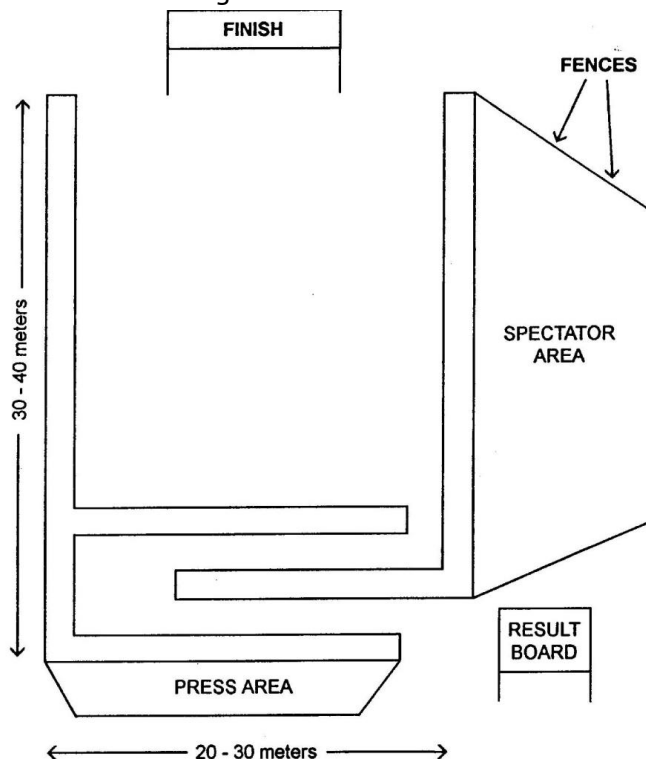
3.7 Ski Area Parking

 3.7.1   A ski area parking lot should allow for enough parking spaces for event volunteers, Special Olympics staff, coaches and competitors. Emergency vehicle access is mandatory.

3.8 Ancillary Facilities

 3.8.1   Room for ski storage

 3.8.2   Room for ski preparation

 3.8.3   Room to store Special Olympics equipment

 3.8.4   Ski rentals

3.8.5   Room for coaches' meeting
3.8.6   Covered facilities for:
    3.8.6.1   Jury Meeting
    3.8.6.2   Event Timing and Calculations
    3.8.6.3   Start Building

4.   EQUIPMENT
4.1   Helmets
    4.1.1   All competitors and forerunners must wear a crash helmet for official training as well as for the race that meets the FIS Equipment Specifications. Soft ear protection is only permitted for helmets used in Slalom. All helmets must carry an approved tag. Competitors without an approved tag will not be allowed to start. (FIS rule 707)

4.2   Skis
    4.2.1   Beginner and Novice alpine skiers may use skis that are 100 cm and longer.
    4.2.2   Alpine skiers may use skis shorter than 130 cm as part of competition to accommodate physical disabilities, i.e. outriggers
    4.2.3   The Alpine Jury reserves the right to approve additional consideration for the use of shorter skis.
    4.2.4   Sitting skiers: Skiers in bi-skis with stationary outriggers must be tethered. Skiers 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.

4.3   Ski Area Maintenance Tools
    4.3.1   The ski area shall provide adequate snow grooming and venue preparation tools for all events.
    4.3.2   For deteriorating snow conditions course maintenance tools (rakes, shovels, and chemicals to harden snow) will be used and are the responsibility of ski area.

4.4   Gates and Poles
    4.4.1   One slalom pole, the turning pole, shall be used to establish a slalom gate (reference FIS rule # 804/804.1/804.2/804.3)
    4.4.2   A Single Pole Slalom has no outside pole except for the first and the last gate.
    4.4.3   In Giant Slalom and Super-G, two sets of two poles with a panel between, constitute a gate.
    4.4.4   For Giant Slalom 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.
    4.4.5   For Giant Slalom and Super-G, panels shall be used.
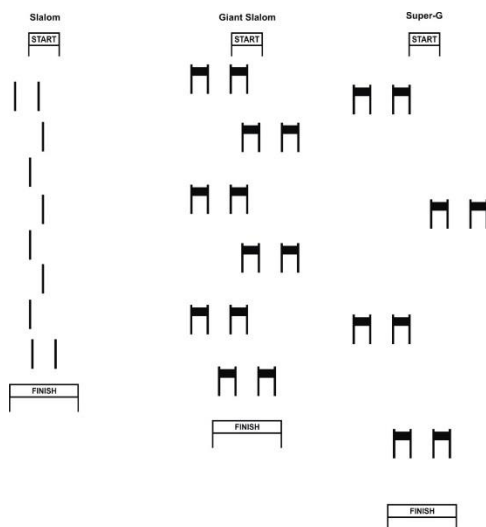   4.4.6   The first gate (or sets of gates) after the start should always be red.

4.5   Course Layout and Equipment
    4.5.1   Course Layout Diagram (see appendix for larger diagram)

4.5.2 An auger or crow bar shall be made available for the course setter to set poles into the snow.

4.5.3 Adequate protection for the start and finish areas shall be provided. Fencing and/or pop fencing may be used.

4.5.4 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.

4.5.5 Marking can be used for safety reasons.

4.5.6 Start and finish banners shall be used.

4.5.7 Whenever possible, electric timing equipment, with back up system, shall be used. When this is not possible, handheld timing may be used. Gate judges shall be responsible for timing the minute for the one-minute rule (see One-Minute Rule Section 6.5.2).

4.6 Public Address System

4.6.1 The public address system should be available for:

4.6.1.1 Announcing competition staging and results;

4.6.1.2 And broadcasting a commentary during competition.

4.7 Information Boards

4.7.1 Start Order Board: Shall be located at the start and contain the skiers' start order, bib number, and other pertinent information.

4.7.2 Result Board: Shall be located outside the finish area to post results and list skiers by name, start order, and bib number.

4.7.3 General Information Board: Shall be located in close proximity to the racing venues, awards area, and lodge; and shall contain general information and announcements.

4.8 Ski Equipment Repair Tools

4.8.1 Repair tools shall be used by certified equipment personnel during race situations.

4.9 Communications Systems

4.9.1 A communications system, connecting race venues, medical personnel, volunteer coordinators, and event officials, shall be in place. Race venues may have additional communication.

4.10   Race Staff Identification

    4.10.1   At times it is helpful and imperative to identify race and event officials. Host organizations may want to provide arm bands or windbreakers.

5.   PERSONNEL

Race personnel shall include:

    Alpine Jury
    Referee
    Chief of Race
    Chief of Course
    Start Referee
    Finish Referee
    Assistant Referee
    Officials (Non Jury Members)
    Chief Gate Judge
    Chief of Timing and Calculations
    Race Secretary
    Chief of Medical
    Chief of Information
    Chief of Race Equipment
    Course Setter
    Assistant Course Setter
    Volunteer Race Workers
    Gate Judges
    Forerunners
    Course Marshals - Steward
    Course Crew
    Timing and Calculations
    Medical/Ski Patrol
    Runners
    Assistants to the Start and Finish Referees
    Announcers

6.   RULES OF COMPETITION

    6.1   General Rules and Modifications

        6.1.1   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 competitors 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

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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.

6.1.2 Skiers 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.

6.2 Divisioning

6.2.1 All coaches are reminded to review the sections in Article I of the Official Special Olympics Winter Sports Rules for clarifications of divisioning and age groupings.

6.2.2 Beginner skiers shall be divisioned in the event(s) in which they are entered.

6.2.3 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.

6.3 Course Setting

6.3.1 In the lower ability events (10 Meter Walk and Glide) the courses may be set using the same colored gates.

6.3.2 The Super Glide shall be set by alternating blue and red gates.

6.4 Start Areas

6.4.1 All start areas shall be flat, enabling the skiers to stand in the start in either a relaxed or ready position.

6.4.2 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.

6.5 Advancement Rule

6.5.1 During competition, 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 a set amount of time from the time of deviation to re-enter the course.

6.5.2 A competitor who fails to adhere to this time limit, or receives assistance of any kind, shall be disqualified. The time limit for Novice skiers, Intermediate and Advanced skiers shall be one minute. 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 advancement.

6.6 Start command

6.6.1 For all Special Olympics alpine events at each ability level, the start command shall be as follows: "Five. Four. Three. Two. One. GO!"

6.6.2 The timer begins when the skier's front boot crosses the start line, or when the electric timing wand is activated.

6.7 Gate Line

6.7.1 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.

6.7.2 The gate line in the slalom is the imaginary shortest line between the turning pole and the outside pole at ground (snow) level.

6.8 Correct Passage

6.8.1 A gate has been passed correctly when both the competitors' ski tips and both feet have passed across the gate line.

6.8.2 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.

6.8.3 The start and finish lines are the same as a gate line.

6.8.4 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).

6.9 Event Modifications

6.9.1 Slalom/Giant Slalom

6.9.1.1 Slalom and Giant Slalom races will consist of two timed runs. The combined times for each discipline will determine the results for awards.

6.9.1.2 A course reset for the second run will be determined by the Jury.

6.9.1.3 In Slalom and Giant Slalom events, the competitor'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.

6.9.2 Super-G

6.9.2.1 Competition organizers may vary the degree of difficulty of the Super-G courses dependent upon the ability levels of the competing racers.

6.9.2.2 One training run prior to the race run on the same course is required of all competitors.

6.9.2.3 Race organizers may elect to have the training run timed. This will have no bearing on start orders for the race.

6.9.2.4 The Super-G race will consist of one timed run.

7. LEVELS OF COMPETITION

7.1 Beginner Alpine Skiing Events

7.1.1 10 Meter Walk

7.1.1.1 Diagram:
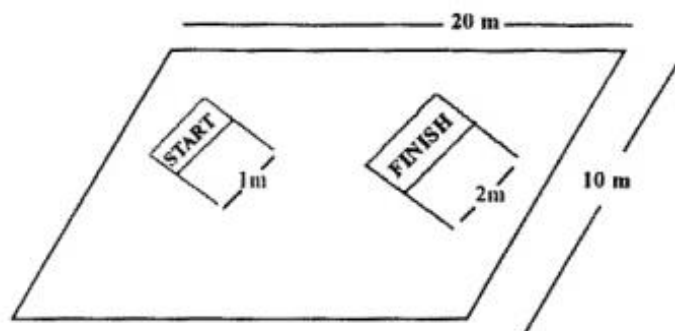
7.1.1.2 Set-up

7.1.1.2.1 Locate a flat area which provides 20 meters by 10 meters in which to set up the event.

7.1.1.2.2 Close proximity to the base lodge and registration is helpful.

7.1.1.2.3 Set two poles one meter apart between which a start line is indicated on the snow (colored dye).

7.1.1.2.4 10 meters from the start, set a finish line of two poles, two meters apart with the finish line indicated in the snow.

7.1.1.3 Race Procedure

7.1.1.3.1 Competitors stand in the start with the front of both boots directly over the start line. Competitors may or may not have ski poles.

7.1.1.3.2 On the start command "Five. Four. Three. Two. One. GO!" the competitor leaves the start area. If the competitor is having trouble starting, the start referee may assist in the forward momentum of the competitor.
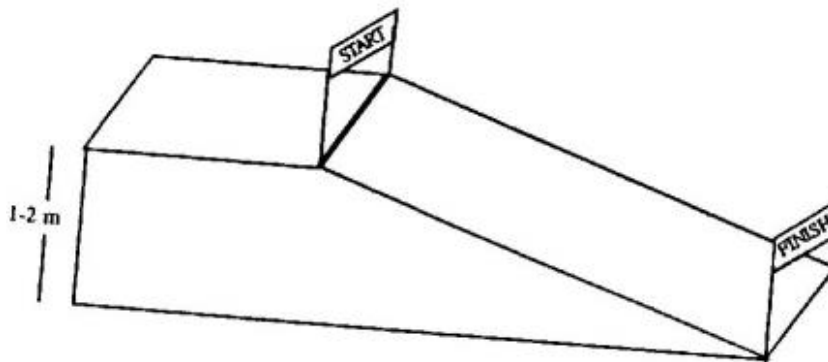
7.1.1.3.3 The timer starts when the competitor's front boot crosses the start line.

7.1.1.3.4 The competitor glides from the start to the finish.

7.1.1.3.5 The timer stops when the competitor's front boot crosses the finish line.

7.1.2 Glide Event

7.1.2.1 Diagram

7.1.2.2 Set-up Terrain (Beginner Terrain close to base lodge)

7.1.2.2.1 The terrain shall be one to two vertical meters.

7.1.2.2.2 The terrain shall be 10 to 15 meters in length.

7.1.2.2.3 The slope is constant with the finish in a flat area.

7.1.2.2.4 Set up a flat start area with the start line at the point where flat goes to glide terrain.

7.1.2.2.5 Set the start gate one meter wide with the start line between the two poles.

7.1.2.2.6 Set the finish gate four meters wide with the finish line between two poles. Use a finish banner whenever possible.

7.1.2.3 Race Procedure

7.1.2.3.1 Competitors stand with front of both boots directly over the start line. Competitors may or may not have ski poles.

7.1.2.3.2 On the start command "Five. Four. Three. Two. One. GO!" the competitor leaves the start area. If the competitor is having trouble starting, the start referee may assist in the forward momentum of the competitor.

7.1.2.3.3 The timer starts when the competitor's front boot crosses the start line.

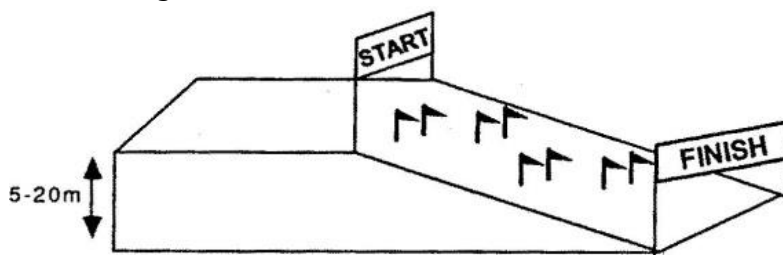7.1.2.3.4 The competitor glides from the start to the finish.

7.1.2.3.5   The timer stops when the competitor's front boot crosses the finish line.

7.1.3   Super Glide

7.1.3.1   Diagram

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

7.1.3.2.1   The terrain shall be five to 20 vertical meters.

7.1.3.2.2   Course width: 25 meters minimum.

7.1.3.2.3   Course length: 50 to 100 meters.

7.1.3.2.4   Fall line terrain, constant pitch without fall-aways or counter slopes.

7.1.3.2.5   Place 4 to 6 gates set rhythmically to allow for consistent gliding wedge turns the length of the course.

7.1.3.2.6   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 one meter wide.

7.1.3.2.7   The finish area is set at least four meters wide, entering competitors into a flat terrain area.

7.1.3.3   Race Procedures

7.1.3.3.1   Competitor leaves on start command "Five. Four. Three. Two. One. GO!"

7.1.3.3.2   When the front boot crosses the start line or the competitor's leg activates the start wand, the timer starts.

7.1.3.3.3   The timer stops when the competitor's front (first) boot crosses the finish line.

7.2   Novice Skiing Events

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

7.3   Intermediate Skiing Events

Intermediate Skier Course Layout				
Event	# of Gates	Vertical Drop	Course Width	Terrain Classification

	Event	# of Gates	Vertical Drop	Course Width	Terrain Classification
7.3.1	Slalom	15 to 30	30 to 100 m	30 m	Novice/ Intermediate
7.3.2	Giant Slalom	15 to 30	50 to 150 m	30 m	Novice/ Intermediate
7.3.3	Super-G	10 to 20	50 to 200 m	30 m	Novice/ Intermediate

7.4   Advanced Skiing Events

Advanced Skier Course Layout					
	Event	# of Gates	Vertical Drop	Course Width	Terrain Classification
7.4.1	Slalom	20 to 45	60 to 200 m	30 m	Intermediate
7.4.2	Giant Slalom	20 to 40	100 to 300 m	30 m	Intermediate
7.4.3	Super-G	15 to 35	150 to 350 m	30 m	Intermediate

VERTICAL DROP DIAGRAM

8. APPENDIX

COURSE LAYOUT

Slalom   Giant Slalom   Super-G