



# Alpine Skiing



## SOMI-Specific Information

### **Sport season:**

December - February

### **Culminating State Events:**

State Winter Games

### **Events Offered:**

Slalom: Novice, Intermediate, Advanced

Giant Slalom: Novice, Intermediate, Advanced

Super-G: Novice, Intermediate, Advanced

Unified Giant Slalom: Intermediate

Unified Slalom: Intermediate

### **National Governing Body:**

Federation Internationale de Ski (FIS)

CH-3653

Oberhofen/Thunersee

Switzerland 413344-6161

### Recommended Events for Appropriate Ability levels:

- **Novice** (level 1) skiers may enter the Giant Slalom or Super-G. Please register in event specific for Novice. Novices will use a tow rope. Athlete can do gliding wedge to a stop and gliding wedge turns.
- **Intermediate** (Level II) and Advanced (Level III) skiers may enter the Giant Slalom, Super-G, or Slalom. They must be trained using a chairlift. Athletes should be able to do Novice requirements, plus be able to do sliding wedge turns.
- **Advanced** (Level III) skiers may enter either Giant Slalom, Super-G, or Slalom. All Advanced skiers will ride the chairlift. Athletes can do Novice and Intermediate requirements, plus be able to parallel ski.

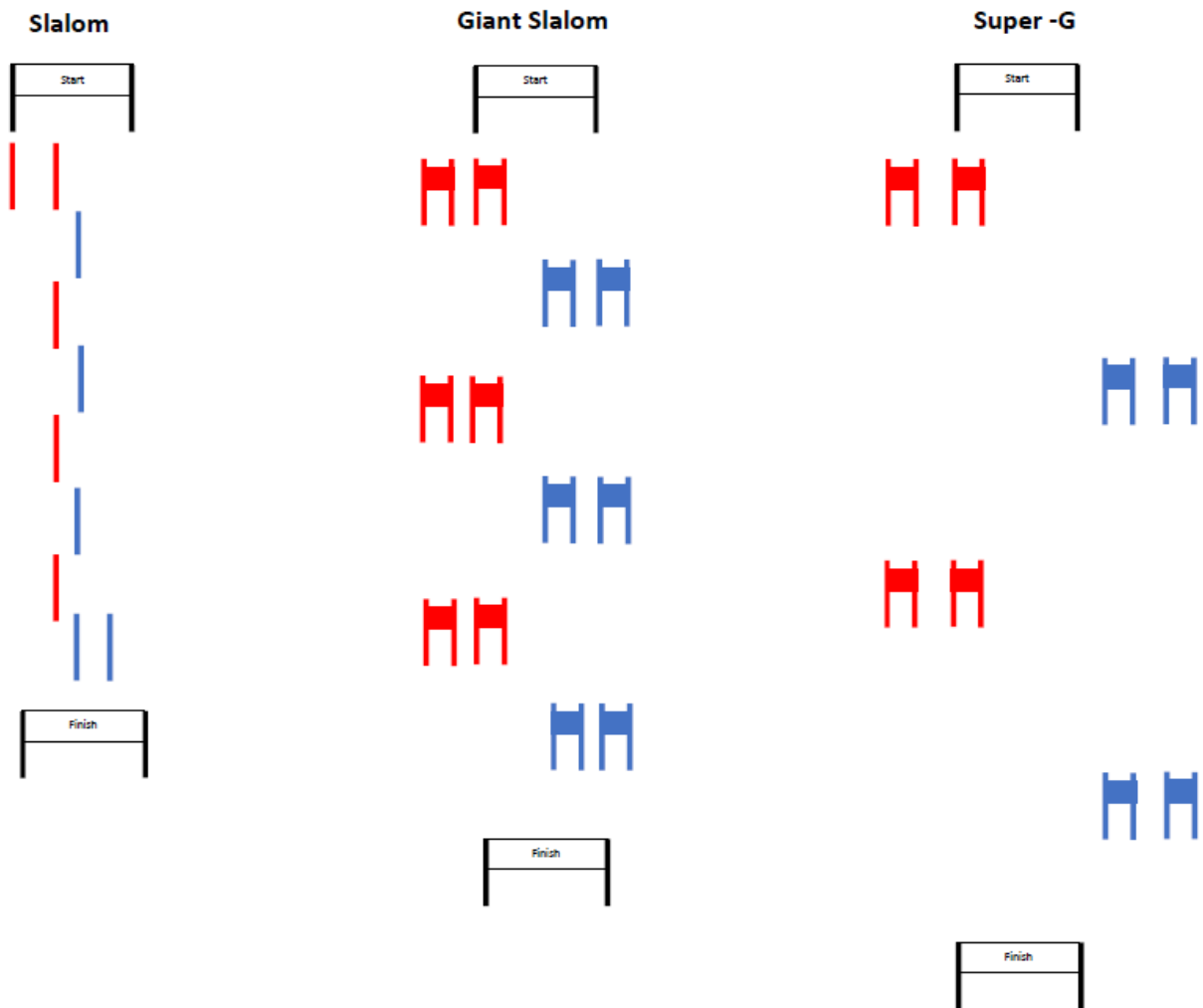
*Note: if an athlete has never been on skis or cannot walk in skis, he/she should not be entered in alpine skiing. If they do not display the skills required for the level registered they will be moved up or down to the next level. If athletes create a safety hazard on the slopes the games officials have the authority to disqualify them.*

## **Uniform Guidelines & Equipment**

1. Athletes should wear appropriate winter sports attire. Warm gloves or mittens, hat, scarf, headband or ski mask, and sunglasses or goggles are recommended.
2. All competitors must wear competition bibs for all time trials and finals races. Bibs must be worn on the hill at all times throughout the games, even if the athlete is not competing at that time.
3. Competition equipment such as skis, boots, bindings and poles must pass all appropriate safety guidelines.
4. All athletes competing in all skiing events must wear ski racing helmets that meet the FIS equipment specifications. All helmets must have an approved tag in order for athletes to race.
5. Jewelry, and denim may not be worn during competition or practice. Headwear for religious or medical reasons are acceptable but must be brought to the attention of the Games Director prior to competition.

## Course Layout

1. **Slalom** - One slalom pole, the turning pole, shall be used to establish a slalom gate. A Single Pole Slalom has no outside pole except for the first and last gate. The first gate should always be red.
2. **Giant Slalom and Super-G** - In Giant Slalom and Super-G, two sets of two poles with a panel between, constitute a gate. For Giant Slalom, the 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 than 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 Cont.**

1. An auger or crow bar shall be made available for the course setter to set poles into the snow.
2. Adequate protection for the start and finish areas shall be provided. Fencing and/or pop fencing may be used.
3. 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. 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". Start and finish banners shall be used.
5. Information boards: Start Order Board - Shall be located at the start and contain the skiers' start order, bib number, and other pertinent information. Result Board - Shall be located outside the finish area to post results and list skiers by name, start order, and bib number. General Information Board - Shall be located in close proximity to the racing venues, awards area, and lodge and contain general information and announcements.

### 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

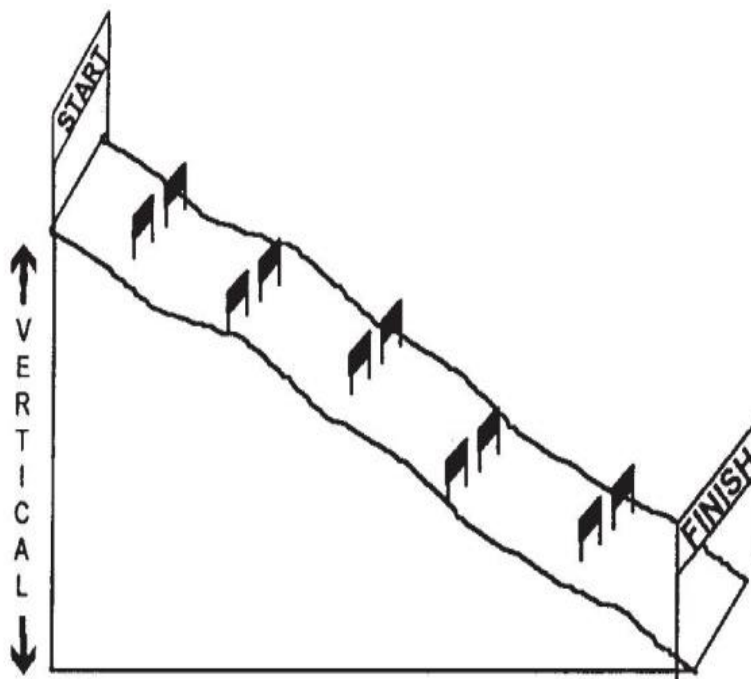
### 4. Intermediate Skier Course Layout

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

### Vertical Drop Diagram



## General Rules

1. It is mandatory for all athletes to be on snow regardless of snow conditions prior to attending Winter Games.
2. Each athlete participating at the Games may only compete in one sport. Each athlete may participate in two events within the chosen sport. Special attention should be directed to recommended events for the athlete's ability level. An athlete can be registered only within one level. For example, an athlete cannot be in Novice Slalom and Intermediate Super-G.
3. All athletes must be accompanied by an Intermediate ski coach for safety reasons. If athletes are found on the hill unsupervised or if they are a safety hazard to others, they will be escorted off the hill.
4. Coaches MAY NOT coach on the hill.
5. A skier must have three (3) pieces of equipment on them when they cross the finish line. Example: Two skies and one pole.
6. If an athlete has Down syndrome, he/she will no longer be required to automatically undergo an x-ray as a requirement for participation. If an athlete was x-rayed at the time of registration, and was found to have an Atlantoaxial instability condition, he/she may follow the new rule and be examined for symptoms of adverse neurological effects. The athlete would need to be cleared by a licensed medical professional in order participate. If the athlete does not have these symptoms, he/she may be cleared for participation by a licensed medical professional.
7. Start Areas
  - I. All start areas shall be flat, enabling the skiers 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.
8. One Minute Rule
  - I. 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 1 minute from the time of the deviation to re-enter the course.
  - II. A competitor who fails to adhere to this 1-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.
  - III. The Gate Judge is responsible for timing the 1 minute.
9. Start command
  - I. 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 skier's front boot crosses the start line, or when the electric timing wand is activated.
3. Gate Line
  - I. 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.

#### 4. Correct Passage

- I. A gate has been passed correctly when both the competitors' ski tips and both feet have passed across the gate line.
- II. 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.
- III. The start and finish lines are the same as a gate line.
- IV. 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).

#### 5. Divisioning

- I. All coaches are reminded to review the sections in the Official Special Olympics Winter Sports Rules for clarifications of divisioning.
- II. 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 there is time, divisioning time trials may be conducted for each event.
- III. In the first run of competition in each division, the fastest time starts first, the slowest last.
- IV. If an athlete does not perform at the level they are registered for the games officials have the authority to move the athlete to their correct level.
- V. If an athlete performs in an unsafe manner they will be disqualified.



## **Event Modifications**

1. Slalom/Giant Slalom:
  - I. Slalom and Giant Slalom races will consist of two timed runs. The combined times for each discipline will determine the results for awards.
  - II. A course reset for the second run will be determined by the Jury.
  - III. 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.
2. Super-G:
  - I. Competition organizers may vary the degree of difficulty of the Super-G courses dependent upon the ability levels of the competing racers.
  - II. One training run prior to the race run on the same course is required of all competitors.
  - III. Race organizers may elect to have the training run timed. This will have no bearing on start orders for the race.
  - IV. The Super-G race will consist of one timed run.

## **Unified Alpine Skiing Rules**

1. Unified Alpine Ski events consist of Intermediate Slalom and Intermediate Giant Slalom.
2. Teams shall be made of one Unified Partner and one Athlete;
3. A coach may not serve as the Unified Partner.
4. The Unified Partner shall make his/her timed run first with the athlete making his/her timed run immediately after in order.
5. The Unified Partner shall wait for the athlete outside the end of the finish chute area.
6. For divisioning, each competitor shall make two runs on the specified course with the better of the two runs used to create divisions.
7. The final score for the team shall be the combined total of both runs for the Unified Partner and the Athlete following the competition.
8. The Unified Partner must complete the Unified Partner form