

# Alpine Skiing Rules

2019

**Special Olympics**  
New Hampshire



These Alpine Skiing Rules shall govern all competition.

- Special Olympics New Hampshire has created these rules based upon [Federation International de Ski \(FIS\) rules for Alpine Skiing](#).
- All other skiers with physical disabilities will compete according to the [rules of the International Paralympic Committee](#) (IPC).
- Those rules shall be employed except when they are in conflict with rules listed in this document. In such cases, rules in this document shall apply.

## Events Offered

### Category 1

- 10 M Walk
- 10 M Glide
- 25 M Super Glide

### Category 2 With Support (stand-up skier with tether or slider)

- Slalom
- Giant Slalom
- Super Giant Slalom (Super G)

### Category 2 Sit-down Ski (choose: Unassisted, Tethered, Assisted)

- Slalom
- Giant Slalom
- Super Giant Slalom (Super G)

### Category 2

- Slalom
- Giant Slalom
- Super Giant Slalom (Super G)

### Category 3 With Support (stand-up skier with tether or slider)

- Slalom
- Giant Slalom
- Super Giant Slalom (Super G)

### Category 3 – Sit-down Ski (choose: Unassisted, Tethered, Assisted)

- Slalom
- Giant Slalom
- Super Giant Slalom (Super G)

### Category 3

- Slalom
- Giant Slalom
- Super Giant Slalom (Super G)

### Category 4

- Slalom
- Giant Slalom
- Super Giant Slalom (Super G)

## Registration Reminders

- An athlete may only compete in one category.
- An athlete may compete in up to three events (not including the time trial).
- Sit-down skiers events must register for Unassisted, Tethered or Assisted.
  - Sit-down skiers – skiers in bi-skis with stationary outriggers must be tethered.
- Stand-Up skiers with support (tether, slider etc.) must register for with support.

## Divisioning

- Each category will be divisioned separately.

- Sit-down and Stand-Up Ski with support categories will be divided separately.
- Divisions will be created using only ability level (not age or gender).

## Equipment

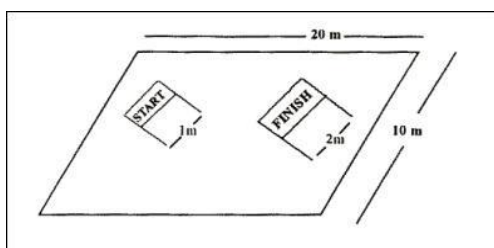
- An approved helmet is required for competitors in official training and competition for all levels.
- Competitors must wear assigned bib in a position visible to officials at all times. The bib shall be worn over the athlete's head so the number shows on both their front and back. The bib is attached with two anchors, one on the left, and the other on the right side of the athlete, connecting the front and back.

## Competition

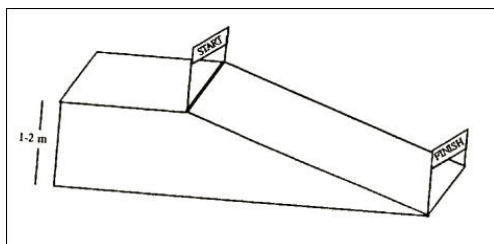
### COURSE LAYOUT

Category 1

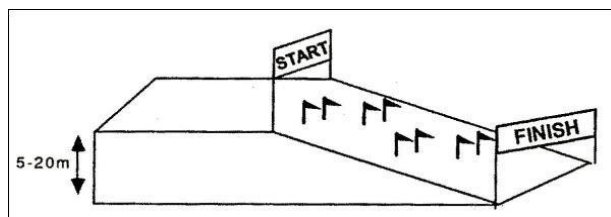
#### 10 M Walk



#### 10 M Glide



#### 25 M Super Glide



#### Number of Gates

| Event                          | Number of Gates |
|--------------------------------|-----------------|
| Category 2                     |                 |
| Slalom                         | 5 to 15         |
| Giant Slalom                   | 5 to 15         |
| Super G                        | 5 to 12         |
| Category 3 and Sit-down Skiers |                 |

|                   |          |
|-------------------|----------|
| Slalom            | 15 to 30 |
| Giant Slalom      | 15 to 30 |
| Super G           | 10 to 12 |
| <b>Category 4</b> |          |
| Slalom            | 20 to 45 |
| Giant Slalom      | 20 to 40 |
| Super G           | 15 to 35 |

## GENERAL RULES

- All athletes must complete a course inspection prior to each of their events.
- All athletes must complete a time trial during the scheduled time allotment. Failure to do so will result in the athlete being placed in the top division within their category for all races.
- Finish time for both the Slalom and Giant Slalom competition is determined by the sum of two runs.
- Finish time for Super Giant Slalom is the result of one run.

## RACE PROCEDURE

- 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.
- Upon leaving the start line, athletes must pass the first gate as the course is set.
- 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.
- If 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).
- The time stops when the competitor's front boot crosses the finish line.

## Disqualification

A competitor may be disqualified for violating these rules. Common causes for disqualification include:

- Two-Minute Rule: 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.