

# Alpine Skiing Rules

2023

Special Olympics  
New Hampshire



The Official Special Olympics Alpine Skiing Sports Rules shall govern all Special Olympics competitions. As an international sports program, Special Olympics New Hampshire has created these rules based on [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 \(IPC\)](#).

These rules shall be employed except when they are in conflict with rules listed in this document. In such cases, the 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 Ski with Tether or Slider)

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

### Category 2 Sit-Down Ski (choose: Unassisted, Tethered, or 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 Ski with Tether or Slider)

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

### Category 3 Sit-Down Ski (choose: Unassisted, Tethered, or 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

- 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."

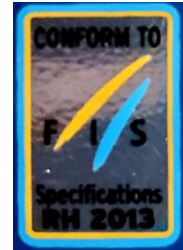
## Divisioning

- Each category will be divisioned separately.
- Sit-Down and Stand-up Skiers with Support categories will be divisioned separately.

- Divisions will be created using only ability level (not age or gender).

## Equipment

- A helmet approved by Federation Internationale du Ski, FIS, for alpine ski racing or snowboarding racing is required on all forerunners and competitors in official training and competition for all ability levels in all events.
- Soft ear protection is only permitted for helmets used in Slalom. All helmets must carry an approved tag (FIS sticker). Competitors without an approved tag will not be allowed to start. (FIS rule 707)
- 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.

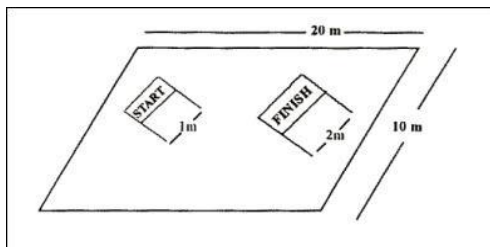


## Competition

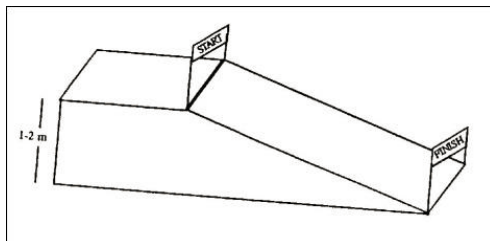
### COURSE LAYOUT

Category 1

**10 M Walk**

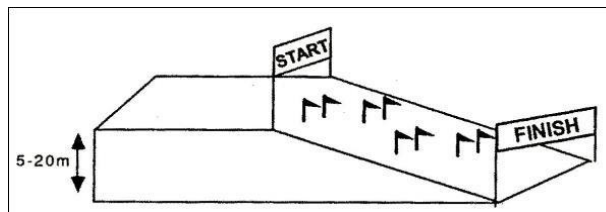


**10 M Glide**



**25 M Super**

*Glide*



### Number of Gates

Event	Number of Gates
<b>Category 2</b>	
Slalom	5 to 15
Giant Slalom	5 to 15
Super G	5 to 12
<b>Category 3 and Sit-down Skiers</b>	
Slalom	15 to 30
Giant Slalom	15 to 30
Super G	10 to 20
<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.
- 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

In addition to failing to abide to the rules above, a competitor may be disqualified for the two-minute rule.

- 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.