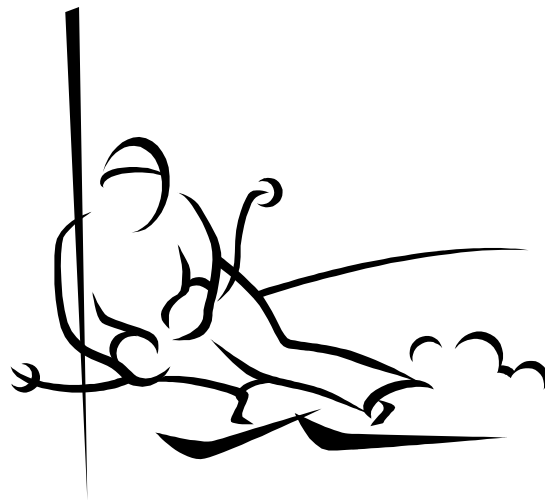


Special Olympics

Northern California and Nevada

Alpine Skiing



2006

Guidelines

&

Rules



October 2006

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SPECIAL OLYMPICS

MISSION STATEMENT

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with mental retardation, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics Athletes and the community.

Training For Life

SONC / SONV PLAYS BY THE RULES.....

All Special Olympics competitions will be conducted in accordance with the Official Special Olympics Sports Rules and the National Governing Body of Rules for each sport offered in our program. These rules are designed to protect the athletes, provide equitable conditions of competition and promote uniformity so that no competitor shall obtain an unfair advantage over another.

The International Olympics Committee (IOC) has granted its official recognition to Special Olympics International, Inc., and its accredited programs.

Special Olympics Northern California and Nevada

COACHES' CODE OF CONDUCT

Special Olympics Northern California and Nevada (SONC / SONV) Coaches are models whose behavior should serve as a positive example for their athletes. Their behavior should reflect a concern that the fairest and most positive competitive experience is equally available to every Special Olympic Athlete in a competition.

The Coach has the unique opportunity to influence the development and personal growth of many individuals. For this reason, it is important that the coach adhere to the standards of ethical decision making and teaching. Recognizing this point, it is the position of Special Olympics Northern California that the coach shall:

RESPECT FOR OTHERS

- ❑ I will respect the rights, dignity and worth of athletes, coaches, other volunteers, friends and spectators in Special Olympics.
- ❑ I will treat everyone equally regardless of sex, ethnic origin, religion or ability.
- ❑ I will be a positive role model for the athletes I coach.

ENSURE A POSITIVE EXPERIENCE

- ❑ I will ensure that for each athlete I coach, the time spent with Special Olympics is a positive experience.
- ❑ I will respect the talent, developmental stage and goals of each athlete.
- ❑ I will ensure each athlete competes in events that challenge that athlete's potential and are appropriate to that athlete's ability.
- ❑ I will be fair, considerate and honest with athletes and communicate with athletes using simple, clear language.
- ❑ I will ensure that accurate scores are provided for entry of an athlete into any event.
- ❑ I will instruct each athlete to perform to the best of the athlete's ability at all preliminaries/heats and finals in accordance with the Official Special Olympics Sports Rules.

ACT PROFESSIONALLY AND TAKE RESPONSIBILITY FOR MY ACTIONS

- ❑ My language, manner, punctuality, preparation and presentation will demonstrate high standards.
- ❑ I will display control, respect, dignity and professionalism to all involved in the sport (athletes, coaches, opponents, officials, administrators, parents, spectators, media, etc.).
- ❑ I will encourage athletes to demonstrate the same qualities.
- ❑ I will not drink alcohol, smoke or take illegal drugs while representing Special Olympics at training sessions or during competition.
- ❑ I will refrain from any form of personal abuse towards athletes and others, including verbal, physical and emotional abuse.
- ❑ I will be alert to any form of abuse from other sources directed toward athletes in my care.

QUALITY SERVICE TO THE ATHLETES

- I will seek continual improvement through performance evaluation and ongoing coach education.
- I will be knowledgeable about the Sports Rules and skills of the sport (s) I coach.
- I will provide a planned training program.
- I will keep copies of the medical, training, and competition records for each athlete I coach.
- I will follow the Special Olympics and National Governing Body rules for my sport(s).

HEALTH AND SAFETY OF THE ATHLETES

- I will ensure that the equipment and facilities are safe to use.
- I will ensure that the equipment, rules, training and the environment are appropriate for the age and ability of the athletes.
- I will review each athlete's medical form and be aware of any limitations on that athlete's participation noted on that form.
- I will encourage athletes to seek medical advice when required.
- I will maintain the same interest and support towards sick and injured athletes.
- I will allow further participation in training and competition only when appropriate.

Should the behaviors and/or abilities of any coach or other faction of your school/organization be contrary to these principles or to the philosophies of Special Olympics, then one or more of the following steps may be taken by Special Olympics Northern California:

1. The coach may be notified by official warning of the undesirable behavior and be requested to remedy the situation for continued participation.
2. The coach may be requested to withdraw personally or with his/her team from the remainder of the event or tournament.

In the event of extreme or repeated behavior contrary to the best interests of SONC / SONV Athletes or SONC / SONV Program, Special Olympics Northern California and Nevada may:

1. Ban the coach or organization from participation in any or all Special Olympics events for a specified period of time.
2. Ban the coach or organization from participation in SONC / SONV indefinitely

Special Olympics Northern California and Nevada

ATHLETE'S CODE OF CONDUCT

Special Olympics Northern California and Nevada (SONC / SONV) is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. All SONC / SONV Athletes and Unified Partners agree to the following code:

SPORTSMANSHIP

- I will practice good sportsmanship.
- I will act in ways that bring respect to me, my coaches, my team, and Special Olympics.
- I will not use bad language.
- I will not swear or insult other persons.
- I will not fight with other athletes, coaches, volunteers, or staff.

TRAINING AND COMPETITION

- I will train regularly.
- I will learn and follow the rules of my sport.
- I will listen to my coaches and the official and ask questions when I do not understand.
- I will always try my best during training, divisioning, and competitions.
- I will not "hold back" in preliminary competition just to get into an easier finals competition division.

RESPONSIBILITY FOR MY ACTIONS

- I will not make inappropriate or unwanted physical, verbal, or sexual advances on others.
- I will not smoke in non-smoking areas.
- I will not drink alcohol or use illegal drugs at Special Olympics venues.
- I will not take drugs for the purpose of improving my performance.
- I will obey all laws and Special Olympics rules, the International Federation and the National Federation/Governing Body rules for my sport(s).

I agree to obey this code and I understand that if I do not obey this Code of Conduct, I will be subject to a range of consequences by SONC / SONV program up to and including not being allowed to participate.

SONC / SONV ALPINE SKIING RULES AND REGULATIONS

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 Federal Internationale de Ski (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.

SECTION A - GENERAL RULES

1. EACH SPECIAL OLYMPICS ATHLETE IS REQUIRED TO HAVE AN **APPLICATION FOR PARTICIPATION AND A RELEASE FORM** FILLED OUT AND SIGNED BY A CERTIFIED PHYSICIAN IN ORDER TO PARTICIPATE. THIS IS IN ACCORDANCE WITH SPECIAL OLYMPICS GENERAL RULES.
2. EACH ATHLETE IS REQUIRED TO PARTICIPATE IN THE REGIONAL EVENT (COMPETITION) PRIOR TO PARTICIPATION IN THE PROGRAM CHAMPIONSHIP.

SECTION B - OFFICIAL EVENTS

Level Four	Level Three	Level Two	Level One
Beginner	Novice	Intermediate	Advanced
Glide Super Glide	Slalom	Slalom	Slalom
	Giant Slalom	Giant Slalom	Giant Slalom
	Downhill	Downhill	Downhill

All events are timed and are in minutes, seconds and tenths.

Each Athlete will compete in one of three levels (3) of competition (Level three, two, or one). Level 4, Beginner is for training only, there will be no competition at that level.

*At Program Championships: The Athletes will be able to compete in three events (slalom, giant slalom and downhill).

*At Regional Events all the levels of Competition will vary based on the venue site. Athletes will compete in a minimum of two (2) events or three (3) events within the same level.

In order to advance athletes must meet the minimum requirements.

*Athletes must compete in the SAME LEVEL in all events. (I.e. Advanced Alpine Skiers can only ski on advanced courses)

SECTION C - DIVISIONS

1. 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.

SECTION D - OFFICIALS AND THEIR DUTIES

1. The Alpine Committee will determine any rule interpretation and/or protest according to FIS & Special Olympics Rules.
2. The Alpine Jury shall include: Technical Delegate, Referee, Chief of Race, Chief of Course, Start Referee, Finish Referee and Assistant Referee.
3. Officials, Non Jury Members shall include: Chief Gate Judge, Chief of Timing and Calculations, Race Secretary, Chief of Medical, Chief of Information, Chief of Race Equipment, Course Setter, and Assistant Course Setter.
4. Volunteer Race Workers shall include: Gate Judges, Forerunners, Course Marshals, Course Crew, Timing and Calculations, Medical/Ski Patrol, Runners, Assistants to the Start and Finish Referees and Announcers.

SECTION E - EQUIPMENT

1. A helmet appropriate for alpine skiing will be required for all alpine events and training. Helmet selection should be made with the help of a knowledgeable alpine speed event coach or ski shop employee.
2. The ski area shall provide adequate snow grooming and venue preparation for all events. For deteriorating snow conditions, course maintenance tools (rakes, shovels, chemicals to harden snow) will be used and are the responsibility of the ski area.
3. Two slalom poles separated by a distance of 4-6 meters across the fall line (across the hill) shall be used to establish a slalom gate. In giant slalom and downhill, two sets of poles with a panel between, constitutes a gate. For giant slalom, the turning distance from the turning pole to the outside pole across the fall line is 4-8 meters. The downhill distance is no less than 8 meters. For giant slalom and downhill panels shall be used. **The first gate after the start should always be red.**
4. An auger shall be made available for the course setter to set poles into the snow.
5. Adequate protection for the entire race venue shall be provided. Whenever possible, for safety reasons, the courses should be fenced off from the skiing and snowboarding public as a non skiing area. Additional fencing and protection are the responsibility of the ski area
6. Start and finish banners shall be used.
7. Whenever possible, electric timing equipment (with a 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-minute rule.
8. Public address system shall be available for:
 - a. Announcing competition staging and results;
 - b. Announcing the competition events.
9. Information boards:
 - a. Start Order Board – Shall be located at the start and contain the athletes' start order, bib number, and other pertinent information.
 - b. Result Board – Shall be located outside the finish area for race results. Athletes shall be listed by name, start order, and bib number.

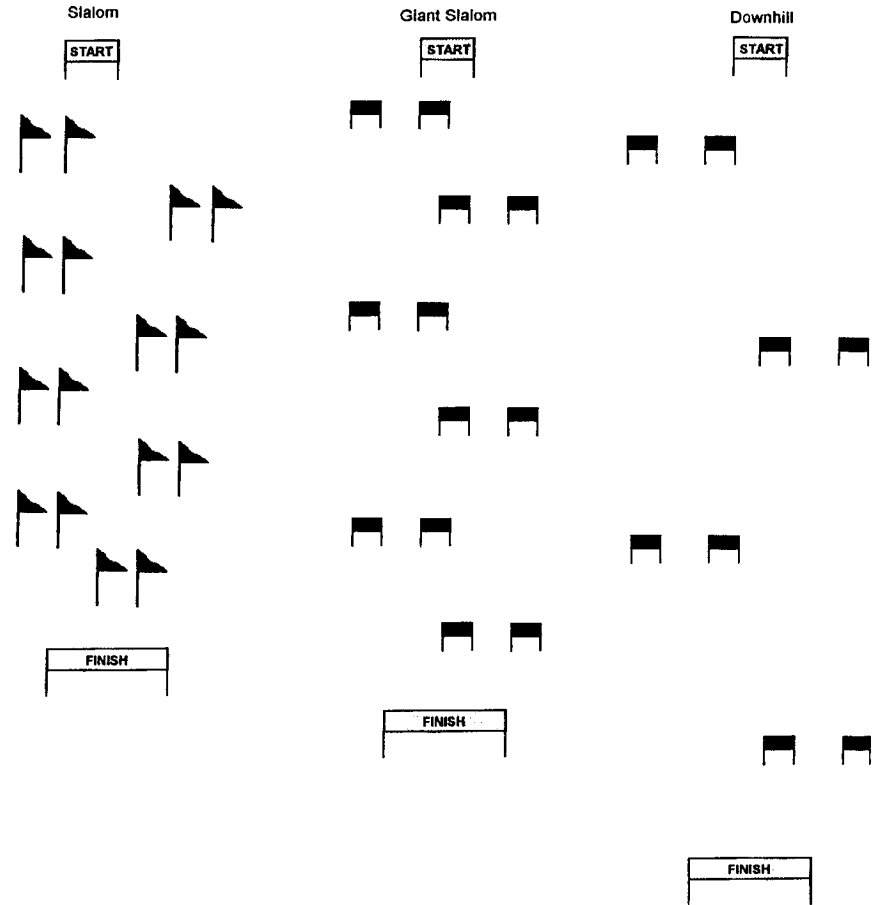
- c. General Information Board – Shall be located in close proximity to the racing venues, awards area, and lodge and contain general information and announcements.
10. The ski area shall provide their ski patrol to oversee all medical needs and procedures for the events. In the case of medical volunteer participation, the ski area shall coordinate the medical procedures.
11. Snowboard equipment repair tools shall be used by certified equipment personnel during race situations.
12. A communications system, connecting race venues, medical personnel, volunteer coordinators, and event officials, shall be in place.
13. It is helpful and imperative to identify race and event officials. Host organizations may want to provide some form of identification such as arm bands, windbreakers, or hats.
14. Race courses for snowboarding shall be staged in different venues from alpine ski racing. When this is not possible, gates for snowboarding will be used instead of alpine Giant Slalom gates or Downhill gates.
15. Properly sized and fitted skis and boots must be worn. Rentals shall be available at training sites as well as competition venues.
16. Appropriate warm clothing, including gloves and hats should also be worn. No jeans will be allowed.

SECTION F - RULES OF COMPETITION

1. General Rules and Modifications
 - a. 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 athletes 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 setting courses, i.e., widths of gates, distance from turning pole, start and finish area requirements, remain largely the same. Specific alpine modifications shall replace FIS requirements as stated in the SONC / SONV Winter Sports Guidelines and Rules.
 - b. Start Areas: All start areas shall be flat, enabling the athlete 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.

- c. **Two Minute Rule:** 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 2 minutes (total accumulative time) 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. 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 the 2 minutes.
- d. Start Command - For all Special Olympics alpine events at each ability level, the start command shall be as follows: “3-2-1 GO!” The timer begins when the athlete’s front boot crosses the start line, or when the electric timing wand is activated.
- e. 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.
- f. 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.
- g. 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).
- h. *The start to the first gate (or set of gates) should be of red color. This gate could be a left to right traverse or a right to left traverse.*

Course Set Up



COURSE LAYOUT

2. 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
Downhill	5 to 12	25 to 70	30 meters	Novice

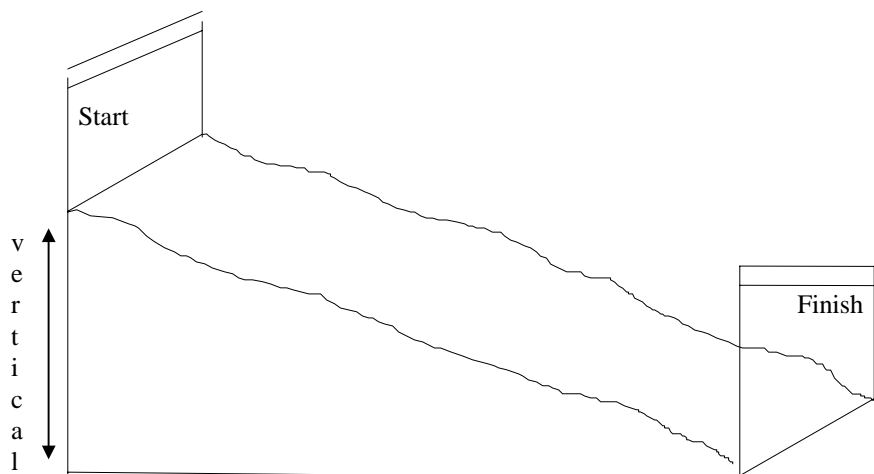
3. Intermediate Skier Course Layout

Slalom	15 to 30	30 to 100m	30 meters	Int/Novice
Giant Slalom	15 to 30	50 to 150m	30 meters	Int/Novice
Downhill	10 to 20	50 to 200m	30 meters	Int/Novice

4. Advanced Skier Course Layout

Slalom	20 to 45	60 to 200m	30 meters	Intermediate
Giant Slalom	20 to 40	100 to 300	30 meters	Intermediate
Downhill	15 to 35	150 to 350m	30 meters	Intermediate

Vertical Drop Diagram



5. Event Modifications

a. Slalom/Giant Slalom

- 1) Slalom and Giant Slalom races will consist of two timed runs. The combined times for each discipline will determine the results for awards.
- 2) A course reset for the second run will be determined by the Jury.
- 3) In Slalom and Giant Slalom events, the athlete'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.

b. Downhill

- 1) Competition organizers may vary the degree of difficulty of the downhill courses dependent upon the ability levels of the competing athletes.
- 2) One training run prior to the race on the same course is required of all athletes.
- 3) Race organizers may elect to have the training run timed. This will have no bearing on start orders for the race.
- 4) The Downhill race will consist of one timed run.

6. Divisioning

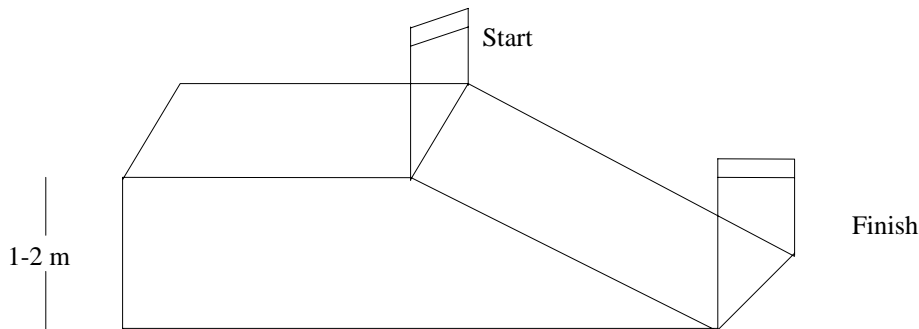
- a) All coaches are reminded to review the sections in the General Statement of The Official Special Olympics Winter Sports Rules for clarifications of divisioning and age groupings.
- b) Beginner skiers will be a training division only.
- c) Novice, Intermediate and Advanced skiers shall have at least one 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.

7. **Beginner Alpine Skiing Events – Training only**

- a. Athletes who have not mastered the skills required to participate in an event at the Novice level shall compete in the Glide and/or Super Glide events.
- b. Course Setting: In the lower ability events the Glide and the Super Glide, the gates shall be set by alternating blue and red gates.

1. Glide Event

a) Diagram



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

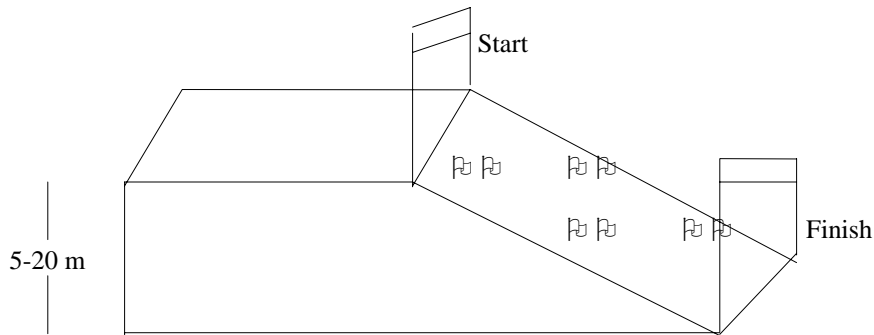
- 1) The terrain shall be 1 to 2 vertical meters.
- 2) The terrain shall be 10 to 15 meters in length.
- 3) The slope is constant with the finish in a flat area.
- 4) Set up a flat start area with the start line at the point where flat goes to glide terrain.
- 5) Set the start gate 1 meter wide with the finish line between two poles. Use a finish banner whenever possible.
- 6) Set the finish gate 4 meters wide with the finish line between two poles. Use a finish banner whenever possible.

c) Race Procedure

- 1) Athletes stand in the start with the front of both boots directly over the start line. Athletes may or may not have ski poles.
- 2) On the start command "3-2-1-GO" the athlete leaves the start area. If the athlete is having trouble starting, the start referee may assist in the forward momentum of the athlete.
- 3) The timer starts when the athlete's front boot crosses the start line.
- 4) The athlete glides from the start to the finish.
- 5) The timer stops when the athlete's front boot crosses the finish line.

2. Super Glide

a) Diagram



b) Set-up Terrain (Beginner Terrain to the base lodge)

- 1) The terrain shall be 5 to 20 vertical meters.
- 2) Course width - 25 meters minimum.
- 3) Course Length - 50 to 100 meters
- 4) Fall line terrain, constant pitch without fallaways or counter slopes.
- 5) Place 4 to 6 gates set rhythmically to allow for consistent gliding wedge turns the length of the course.
- 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 1 meter wide.
- 7) The finish area is set at least 4 meters wide, entering athletes into a flat terrain area.

c) Race Procedures

- 1) Athlete leaves on start command: "5-4-3-2-1- GO".
- 2) When the front boot crosses the start line or the athlete's leg activates the start wand, the timer starts.
- 3) The timer stops when the athletes front (first) boot crosses the finish line.

d) Skill level - Gliding Wedge Skier