

# 2011 Special Olympics Oregon Winter Regional Games

## Snow Sports Rules and Guidelines

The official Special Olympics sports rules shall govern all Special Olympics snow sports competitions. These rules are based upon the National Governing Bodies (NGBs) for each of the snow sports:

- Alpine skiing, cross-country skiing and snowboarding – US Ski & Snowboarding Association (USSA) – [www.ussa.org](http://www.ussa.org)
- Snowshoeing – No NGB exists (Special Olympics, Inc. serves as the highest level governing body for this sport.)

NGB 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 and any Special Olympics Oregon modifications shall apply.

### SECTION A — OFFICIAL EVENTS

The official alpine skiing events offered by Special Olympics Oregon are:

- Novice
  - Slalom
  - Giant Slalom
  - Super G
- Intermediate
  - Slalom
  - Giant Slalom
  - Super G
- Advanced
  - Slalom
  - Giant Slalom
  - Super G

The official cross-country skiing events offered by Special Olympics Oregon are:

- 50m
- 100m
- 500m
- 1K
- 3K
- 5K
- 4x1K Relay
- 4x1K Unified Relay

The official snowboarding events offered by Special Olympics Oregon are:

- Novice
  - Slalom
  - Giant Slalom
  - Super G
- Intermediate
  - Slalom
  - Giant Slalom
  - Super G
- Advanced
  - Slalom
  - Giant Slalom
  - Super G

The official snowshoeing events offered by Special Olympics Oregon are:

- 50m
- 100m
- 200m
- 400m
- 4x100m Relay
- 4x100m Unified Relay

## SECTION B – REGISTRATION AND RULES REMINDERS

- 1) Athletes may compete in only one sport – alpine skiing, cross-country skiing, snowboarding or snowshoeing.
- 2) Athletes may not compete in individual events in different sports (i.e., 100m snowshoe and 4x100m cross-country Relay OR alpine skiing Slalom and snowboard Giant Slalom).
- 3) All 1:1 chaperones or guides for athletes must be listed on the registration form. Athlete guides may not provide a competitive advantage to the athlete.
- 4) Alpine skiing and snowboarding
  - a) Athletes can enter up to 3 individual events. All events must be the same level (novice, intermediate or advanced).
  - b) Qualifying times are not required for alpine skiing or snowboarding events.
  - c) Alpine skiing athletes and snowboarding athletes are required to wear a helmet.
  - d) For alpine skiing and snowboarding, the two-minute rule will be enforced (please see page 10).
- 5) Cross-country skiing and snowshoeing
  - a) Athletes can enter up to 2 individual events and 1 relay event.
  - b) Qualifying times are required for all cross-country skiing and snowshoeing events.
    - i) Please record all times with minutes, seconds and tenths. For example, if an athlete skis the 100m race in 1 minute, 32.6 seconds, her time is recorded or registered as 1:32.6. On the registration form, it should be a 1 in the “min” column, 32 in the “sec” column and 6 in the “tenths” column.
  - c) Athletes competing in cross-country or snowshoeing events may not receive physical assistance or coaching at any time after crossing the start line or before crossing the finish line. Doing so will result in an automatic DQ.
  - d) Cross-country athletes competing in the 50m event may only compete in the 100m event as their second event.
  - e) Cross-country athletes must compete in a 1K or greater distance event in order to be entered into the 4x1K Relay event or the 4x1K Unified Relay event. Partners must also be able to compete at this distance in order to be entered into the 4x1K Unified Relay event.
  - f) Snowshoeing athletes must compete in the 100m event or greater in order to be entered into the 4x100m Relay event or the 4x100m Unified Relay event. Partners must also be able to compete at this distance in order to be entered into the 4x100m Unified Relay event.
  - g) Cross-country and snowshoeing relays
    - i) Assistant coaches are permitted to serve a dual role as a Unified Partner on a relay team (however, on the registration form, please only list them on the “Athlete/Unified Partner Competition Registration”). Head coaches cannot compete as Unified Partners on relay teams.
    - ii) Relays may be run in traditional relay format or as time trials with the time for each member of a relay team being added together. This will be a day-of-competition decision based upon weather, competition management, time of day, etc.
    - iii) Only 5 names may be entered on a traditional relay team (4 primary cross-country skiers or snowshoers and 1 alternate). None of these athletes may be listed on any other relay team.
    - iv) For Unified relay teams, up to 6 teammates may be listed. A minimum of 2 athletes and 2 Partners and maximum of 3 athletes and 3 Partners may be listed (allowing for one athlete alternate and one Partner alternate). None of these individuals may be listed on any other relay team.
    - v) Relay teams cannot be changed on competition day.
      - (1) If 2 relay teams from the same delegation in the same event do not have enough skiers, they may not combine to form 1 relay team.

## SECTION C – UNIFORMS AND EQUIPMENT

- 1) Teams may choose to wear identical ski jackets, but it is not required.
- 2) All snow sports athletes are expected to wear winter clothing to protect them from the elements.
- 3) Denim (of any color) may not be worn by athletes or Partners in competition.
- 4) Coaches are discouraged from wearing denim, but it is not prohibited.
- 5) Safe, approved skis, snowboards, snowshoes and boots are required for training and competition
- 6) Alpine skiing and snowboarding
  - a) All alpine skiers and snowboarders are required to wear a FIS-approved helmet.
  - b) Goggles or other eye protection are recommended but not required.
  - c) Alpine skiers are recommended, but not required, to use ski poles for training and competition.
  - d) Beginner and novice alpine skiing athletes may use skis that are 100cm and longer.
  - e) Alpine skiing athletes may use skis shorter than 130cm as a part of competition to accommodate physical disabilities (i.e., outriggers).

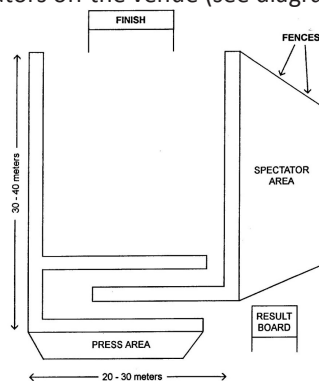
- f) Sitting skiers
  - i) Athletes in bi-skis with stationary outriggers must be tethered.
  - ii) Athletes will be disqualified if their tetherer holds the buckets for more than the first and last gate.
  - iii) All other skiers with physical disabilities will compete according to the rules of the International Paralympic Committee (IPC; [www.ipc-alpineskiing.org](http://www.ipc-alpineskiing.org)) for sit-down, visually-impaired and stand-up skiers.
- 7) Cross-country skiing and snowshoeing
  - a) Poles are strongly recommended, but not required for cross-country skiing training or competition.
  - b) Poles are generally not used for snowshoe races, but are allowed.
  - c) Special Olympics snowshoe size regulations
    - i) The minimum snowshoe size is 8"x25". An athlete using a snowshoe smaller than this is in violation of the rules and will be disqualified.
  - d) Special Olympics Oregon 8-15 year old "youth size" snowshoe exception
    - i) If an athlete is 8-15 years old, they may choose to use snowshoes that are youth size, with the minimum size being 7"x16".
    - ii) EVERY shoe must be of 2-piece construction, with the frame and the decking being separate (there are some children's novelty snowshoes that do not meet this criteria; they are not acceptable for competition).
    - iii) Athletes over 15 years old will be expected to use the regulation 8"x25" minimum size snowshoe.
  - e) Factory-installed toe and heel traction claws are acceptable on snowshoes.
    - i) The attachment of any additional "spikes" is not permitted.
  - f) The snowshoe shall consist of a frame and webbing or solid-decking material.
  - g) The foot must be secured through a direct mount binding system to the snowshoe.
  - h) Competition footwear for snowshoeing may include, but is not limited to, running shoes, hiking boots or snow boots.

## SECTION D – DIVISIONING

- 1) Athletes will compete by gender and ability in one of three distinct age groups:
  - a) Youth age group: ages 15 and under (may be split into ages 8 to 11 and ages 12 to 15).
  - b) Adult age group: ages 16 and older.
  - c) Open age group: reserved for combining age groups to meet the required minimum number of competitors or teams in a division (minimum of 3 or more), or to ensure quality competition.
- 2) For relay events, the oldest member of a relay team will determine the age division of the team. It is suggested that delegations form teams that are age appropriate.
- 3) Male, Female and Coed teams will be divisioned together unless there are enough teams within a category to create equitable divisions.
- 4) For cross-country skiing and snowshoeing, athletes are divisioned for competition based on their registration qualifying times.

## SECTION E – ALPINE SKIING SPECIFICS

- 1) Facilities
  - a) Slopes must be suitable in length, width, and difficulty to accommodate skiers' abilities. All race and training venues must be safe.
  - b) Whenever possible, lifts will be available either on or directly adjacent to the race and training venues.
  - c) The finish area for all alpine races shall allow enough room for a competitor to safely come to a stop. Whenever possible, all finish areas shall be fenced to keep spectators off the venue (see diagram below).



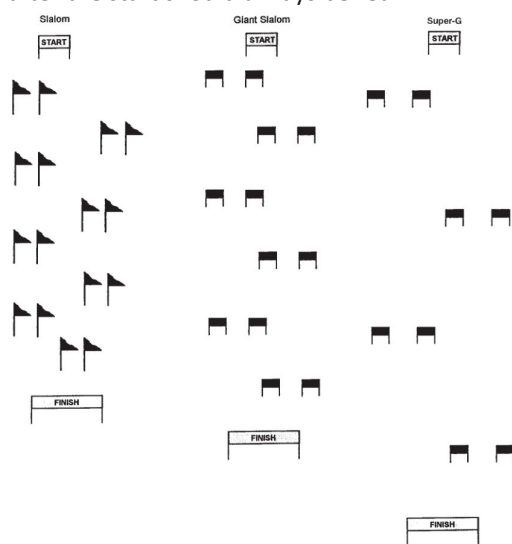
*Alpine skiing finish area diagram.*

- d) Warming facilities should be readily available from the slopes and parking lot. The facilities should be large enough to accommodate the Special Olympics group in case of inclement weather. Volunteer registration should be conducted inside. Awards ceremonies should be conducted inside only in case of bad weather.
- e) A ski area parking lot should allow for enough parking spaces for event volunteers, Special Olympics staff, coaches and athletes. Emergency vehicle access is mandatory.
- f) The ski area shall provide adequate snow grooming and venue preparation for all events. For deteriorating snow conditions, course maintenance tools (i.e., rakes, shovels and chemicals to harden snow) will be used and are the responsibility of the ski area.

2) Equipment

a) Gates

- i) Two slalom poles, separated by a distance of 4m to 6m across the fall line (across the hill) shall be used to establish a Slalom gate.
- ii) For Giant Slalom and Super G, two sets of poles with a panel between constitute a gate.
- iii) For Giant Slalom, the distance from the turning pole to the outside pole across the fall line is 4 to 8m.
- iv) For Super G, the distance from the turning pole to the outside pole across the fall line is no less than 8m.
- v) For Giant Slalom and Super G, panels shall be used.
- vi) The first gate (or set of gates) after the start should always be red.



*Slalom, Giant Slalom and Super G gate-setting diagram.*

- b) An auger or crow bar shall be made available for the course setter to set poles into the snow.
- c) Adequate protection for the start and finish areas shall be provided. Fencing and/or popfencing may be used.
- d) 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.
- e) Start and finish banners shall be used.
- f) Hand held timing will be used. Gate judges shall be responsible for timing the two minutes for the two minute rule (see two-minute rule information below).
- g) Public address system shall be available for:
  - i) Announcing competition staging and results
  - ii) Broadcasting a commentary during competition
- h) The ski area shall make available their ski patrol to oversee all medical needs and procedures for the events. 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.
- i) Ski equipment repair tools shall be used by certified equipment personnel during race situations.
- j) A communications system, connecting race venues, medical personnel, volunteer coordinators, and event officials, shall be in place. Race venues may have additional communication.
- k) At times it is helpful and imperative to identify race and event officials. Host organizations may want to provide arm bands or windbreakers.



- 3) Divisioning
- a) Novice, Intermediate and Advanced athletes will have an open-time trial period where they can make runs on a Giant Slalom course of their ability level, with the fastest time used to determine their division for competition.
  - b) If weather conditions prohibit an open-time trial, Giant Slalom competition scores will be used to division all races.
- 4) Rules of competition
- a) General rules and modifications
    - i) While USSA rules offer Special Olympics athletes and competition directors the benefits of standardized ski competitions worldwide, it must be remembered that USSA 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 skiing and snowboarding athletes have acquired such a high level of skill. Therefore, it is appropriate to assess all Special Olympics athletes on courses which meet their abilities. USSA regulations for alpine skiing and snowboarding (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 skiing and snowboarding courses have been modified from the USSA rules to accommodate our athletes. The rules for 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 skiing and snowboarding modifications shall replace USSA requirements as stated in the official Special Olympics sports rules and any Special Olympics Oregon modifications.
    - ii) Start areas
      - (1) All start areas shall be flat, enabling the athletes to stand in the start in either a relaxed or ready position.
      - (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.
    - iii) Two-minute rule
      - (1) During competition, if the athlete 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.
      - (2) An athlete 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.
    - iv) Start command
      - (1) For all Special Olympics alpine skiing events, the start command shall be: "5.4.3.2.1. GO!"
      - (2) The timer begins when the athlete's front boot crosses the start line or when the electric timing wand is activated.
    - v) Gate line
      - (1) The gate line in 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.
      - (2) The gate line in the Slalom event is the imaginary shortest line between the turning pole and the outside pole at ground (snow) level.
    - vi) Correct passage
      - (1) A gate has been passed correctly when both the competitor's ski tips and both feet have passed across the gate line.
      - (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.
      - (3) The start and finish lines are the same as a gate line.
    - vii) In the event that a competitor removes a pole from its vertical position before both the competitor's 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).
    - viii) Blind/Visually-impaired skiers
      - (1) Guide must be clearly identified.
      - (2) Guide may not pace skier but rather provide verbal support to help assist correct passage through gates and over terrain.
      - (3) While it is preferred that the guide ski behind the racer, there may be cases where a guide passes in front. Only if competition officials rule that a material advantage was gained would this result in a disqualification.
      - (4) Athlete must compete in all time trials and races using the same guide. Any exception to this rule must be approved by competition management prior to a race.

5) Course layout

a) Novice skier course layout

Event	Number of gates	Vertical drop	Course width	Terrain classification
Slalom	5 to 15	15 to 50m	30 to 40m	Novice
Giant Slalom	5 to 15	20 to 70m	30 to 40m	Novice

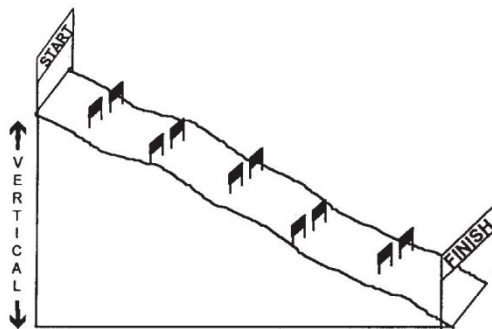
Super G	5 to 12	25 to 70m	30 to 40m	Novice
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b) Intermediate skier course layout

Event	Number of gates	Vertical drop	Course width	Terrain classification
Slalom	15 to 30	30 to 100m	30 to 40m	Novice/Intermediate
Giant Slalom	15 to 30	50 to 150m	30 to 40m	Novice/Intermediate
Super G	10 to 20	50 to 200m	30 to 40m	Novice/Intermediate

c) Advanced skier course layout

Event	Number of gates	Vertical drop	Course width	Terrain classification
Slalom	20 to 45	60 to 200m	30 to 40m	Intermediate
Giant Slalom	20 to 40	100 to 300m	30 to 40m	Intermediate
Super G	15 to 35	150 to 350m	30 to 40m	Intermediate



*Vertical drop diagram.*

6) Event modifications

a) Course inspection

- i) At the jury's discretion, a timed course inspection period may be replaced by having an official forerunner lead a line of athletes at very slow speed through the course one time.

b) Slalom and Giant Slalom

- i) Races will consist of two timed runs.
- ii) The fastest one of the two times in each race will determine the results for awards.
- iii) Races will be conducted on a first-come, first-served basis.
- iv) Athletes needing to get in their first run in a specific race will take precedence over athletes waiting for their second run in the same specific race.

c) Super G

- i) Competition organizers will create Super G courses based upon the ability level of the competing athletes.
- ii) The Super G race is a one-run race.

## SECTION F – CROSS-COUNTRY SKIING SPECIFICS

1) Facilities

- a) Cross-country trails, suitable in length and terrain to accommodate skiers of beginning, intermediate, and advanced skill levels, shall be available.
- b) Suitable trails will be safe and will test the skills and physical fitness of each athlete.
- c) The trail system should include a trail that can be used for the 1K through 5K events, and which does not have sections that cross themselves for at least 1K.
- d) Ideally, the long courses (3K and 5K) would have no sections which cross themselves.
- e) Trails should be clearly marked with red flags or other such identifying banners, and monitors should be positioned at trail junctions to direct athletes onto correct trails where confusion could occur.
- f) Trails shall be packed and tracks set prior to the events. After each day of competition, the course must be freshly prepared.
- g) If more than one set of tracks are used, they should be 1 -1.2m apart, measured from the middle of one track to the middle of the other. Individual ski tracks should be 20 – 24cm apart, measured from the middle of one track to the other. Tracks should be at least 2 - 5cm deep.
- h) Consideration should be given to the ability level of the field of competitors when determining whether or not a skating lane or a second set of tracks should be set.
- i) At least one set of tracks should be set and the other lane, which is mandatory, shall be set as either a skating lane or a

second set of tracks.

- j) A warming facility shall be readily accessible from the trails. It should be large enough to accommodate the Special Olympics crowd in case of extreme weather conditions. Furthermore, waxing adjustments are easier to make inside a warm area than outside in the cold. Therefore, room in the warming facility should be reserved for waxing.
- k) A warm-up area and a wax testing area shall be near the start area.
- l) A ski area parking lot should allow for enough parking spaces for event volunteers, Special Olympics staff, coaches and athletes. Emergency vehicle access is mandatory.

## 2) Equipment

- a) Race organizers should know that trail maintenance equipment is available and adequate for preparing trails for the events, A snowmobile, Grooming Cat, shovels, rakes, and a track-setter are mandatory items to have on hand before and during the competition to establish and repair the course should that become necessary due to course traffic or inclement weather.
- b) Markers, poles, and fencing shall be available to identify the course.
  - i) Markers, all of uniform size and bright color, shall be placed around the trail at intervals such that the next marker may be seen clearly when standing at the one before it.
  - ii) Poles and fencing shall be used to block off trails which might lead the competitors off the race course.
  - iii) The start and finish areas should be marked off by fencing in order to restrict the presence of non-competitors and non-officials in those areas.
- c) Snow fences shall establish a lap lane, if necessary.
- d) Banners shall mark the start and finish lines as well as designate the site as a Special Olympics event.
- e) Timing
  - i) Hand-held timing system (4 stopwatches: two at start and two at finish) shall be used for timing the 1 through 5K events.
  - ii) The 100m event should be timed with a number of stopwatches equal at least to the number of athletes per division plus two.
    - (1) A watch should be assigned to each lane while the two extras should serve as back-ups.
  - iii) Each athlete should be timed in all events. Result sheets should reflect this policy.
  - iv) In the event that the finish referee disagrees with the order of finish as determined by times, the finish referee's decision shall be final.
- f) Race venues must make use of a good quality public address system to assist in the staging of events, broadcast of information and assistance of race operations, as well as general race commentary. Music should also be available.
- g) First aid materials and a toboggan or a snowmobile with toboggan for evacuation purposes shall be available at all times near the start/finish area or at the information center. Qualified medical personnel must be on site.
- h) Ski equipment repair tools (screwdrivers, pliers, scrapers, files, wax, and P-tex) should be available. Waxing benches shall be available.
- i) Hats, bibs or arm bands can be used to identify course officials such as timers, course monitors, start officials and escorts / police, finish officials and escorts/police, and competition rules committee members.
- j) Radios are necessary for communications to and from the Chief of Competition, Race Secretary, medical area, start and finish areas, results tabulation area, and Race Headquarters. Timing officials at the start and finish areas and results tabulation personnel should have their own channel as well as access to a general information channel. Timing officials should have their own building with a clear view of the start and finish.
- k) Thermometers should be available to record air and snow temperatures at the start/finish areas as well as at the highest and lowest points of the course. Temperatures should be announced throughout the competition.

## 3) Rules of competition

- a) General rules and modifications
  - i) Events ranging from the 500m event through the 5K event should be conducted utilizing the interval start format. That is, one or two racers should start on intervals every 30 seconds.
  - ii) Starting commands
    - (1) The start command for cross-country skiing events ranging from the 500m event through the 5K event shall be as follows: "Racer...15 seconds...10 seconds...5,4,3,2,1, GO!".
    - (2) For individual events of distances 100m and less, there shall be no preliminary warning. The start command shall be "Racers... Ready...GO!"
    - (3) The start command for relay events shall be the same as for individual events for distances 100m and less except that there will be a 10-second warning: "10 seconds.. Racers... Ready...GO".
      - (a) When racers arrive at the relay point, they shall not interfere with the start of other racers.
  - iii) Events ranging from the 500m event through the 5K event should be conducted on courses which include uphill, downhill, flat sections, and sections with turns. It is prescribed that when possible the courses should include one-

third uphill, one-third downhill, and one-third flat sections. The degree of slope of the uphill and downhill sections should be dictated by ability levels of the athletes entered in the events. Thus, the courses for 500m events should have less severe terrain than courses for 3K events, and courses for 3K events should have less severe terrain than courses for 5K events.

- iv) Events ranging from the 500m event through the 5K event should be conducted on courses which are of a loop configuration. In long distance events, multiple loop courses are permissible. The start and finish areas should be as nearly adjoined as possible.
- b) Event-specific rules and modifications
  - i) 50m and 100m events
    - (1) The 100m event should be conducted in accordance with USSA rules for starting relay races with the following modifications:
    - (2) The start line is a straight line. Lanes must be a minimum of 2m wide.
    - (3) The course for the 100m event should be as flat as possible. In no event should a course slope more than 5%. In the event that the course is set on slopes, the start of the race shall be such that the competitors will ski uphill to finish the race.
  - ii) Relay events
    - (1) Race officials may start a relay division once every minute.
    - (2) When a 4x1K race has more than eight teams, race organizers should consider splitting the field and conducting two separate races in order to reduce/control start area exchange zone and course congestion.
    - (3) In the event a team does not execute a proper exchange, an exchange zone referee shall notify the skiers involved in the exchange immediately. It is then the skier's responsibility to decide whether or not to re-execute an exchange.
  - iii) Blind/Visually-impaired skiers
    - (1) Guide must be clearly identified.
    - (2) Guide may not pace skier but rather provide verbal support to help assist correct passage over the race terrain.
    - (3) While it is preferred that the guide ski behind the racer, there may be cases where a guide passes in front. Only if competition officials rule that a material advantage was gained would this result in a disqualification.
    - (4) Athlete must compete in all time trials and races using the same guide. Any exception to this rule must be approved by competition management prior to a race.
- 4) Disqualifications
  - a) A competitor may be disqualified by competition management if he/she:
    - i) Does not follow the marked course or does not pass all the control check points or takes a short cut.
    - ii) Receives unauthorized assistance.
    - iii) Fails to give way to an overtaking competitor when so requested or prevents another racer from passing.
    - iv) Violates technique ruling regarding skating in classical races.
    - v) Does not finish with skis on his/her feet.
    - vi) Falls or leaves the track
      - (1) The athlete or Partner has 2 minutes to resume racing and the competitor must also advance forward a minimum of 20 meters within that time.
    - vii) Failing to resume advancement on the track within 2 minutes, and/or receiving unauthorized assistance.

## **SECTION G – SNOWBOARDING SKIING SPECIFICS**

- 1) Facilities
  - a) Slopes must be suitable in length, width, and difficulty to accommodate snowboarders' abilities. All race and training venues must be safe.
  - b) Whenever possible, lifts will be available either on or directly adjacent to the race and training venues.
  - c) The finish area for all races shall allow enough room for a competitor to safely come to a stop. Whenever possible, all finish areas shall be fenced to keep spectators off the venue.
  - d) Warming facilities should be readily available from the slopes and parking lot. The facilities should be large enough to accommodate the Special Olympics group in case of inclement weather. Volunteer registration should be conducted inside. Awards ceremonies should be conducted inside only in case of bad weather.
  - e) A ski area parking lot should allow for enough parking spaces for event volunteers, Special Olympics staff, coaches and athletes. Adequate parking for individuals with physical disabilities should be available for attendees. Emergency vehicle access is mandatory.
- 2) Equipment
  - a) FIS-approved helmets are required for all coaches in order to be granted access to the field of play.

- b) Athletes are required to wear appropriate snowboard attire (snowboarding or skiing pants, jacket, gloves, etc). The start official has discretion to prevent an athlete from starting until the appropriate correction(s) have been made.
  - c) An athlete must use the same attire and equipment for divisioning and finals. Changes in attire (from a jacket to a speed suit for example), or in equipment (from a freestyle board to a race board), will result in disqualification.
  - d) The ski area shall provide adequate snow grooming and venue preparation for all events.
    - i) For deteriorating snow conditions, course maintenance tools (rakes, shovels, chemicals to harden snow) will be used and are the responsibility of the ski area.
    - ii) Snowboarders will use the same course as alpine skiers (see Section E: Alpine Skiing Specifics for more information). Slalom, Giant Slalom and Super G gates consist of two poles: one outside pole and one inside pole for Super G and GS. Single poles may be used for Slalom events. The first gate after the start should always be red, beginning with a right to left turn.
    - iii) An auger shall be made available for the course setter to set poles into the snow.
    - iv) Adequate protection for the entire race venue shall be provided. Whenever possible, for safety reasons, the course 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.
    - v) Start and finish banners shall be used.
    - vi) Hand-held timing will be used. Gate judges shall be responsible for timing the two-minute rule.
    - vii) Public address system shall be available for the following
      - (1) Announcing competition staging and results.
      - (2) Announcing the competition event.
    - viii) The ski area shall provide ski patrol to oversee all medical needs and procedures for the events. In the case of medical volunteer participation, the ski area will coordinate the medical procedures.
    - ix) Snowboard equipment repair tools shall be used by certified equipment personnel during race situations.
    - x) A communications system, connecting race venues, medical personnel, volunteer coordinators, and event officials, shall be in place.
    - xi) 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.
- 3) Divisioning
- a) Novice, Intermediate and Advanced athletes will have an open-time trial period where they can make runs on a Giant Slalom course of their ability level, with the fastest time used to determine their division for competition.
  - b) If weather conditions prohibit an open-time trial, Giant Slalom competition scores will be used to division all races.
- 4) General rules and modifications
- i) While USSA rules offer Special Olympics athletes and competition directors the benefits of standardized ski competitions worldwide, it must be remembered that USSA 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 skiing and snowboarding athletes have acquired such a high level of skill. Therefore, it is appropriate to assess all Special Olympics athletes on courses which meet their abilities. USSA regulations for alpine skiing and snowboarding (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 skiing and snowboarding courses have been modified from the USSA rules to accommodate our athletes. The rules for 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 skiing and snowboarding modifications shall replace USSA requirements as stated in the official Special Olympics sports rules and any Special Olympics Oregon modifications.
  - b) Start areas
    - i) All start areas shall be flat, enabling the athletes to stand in the start in either a relaxed or ready position.
    - ii) 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
    - i) During competition, if the athlete 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.
    - ii) An athlete 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
    - i) For all Special Olympics alpine skiing events, the start command shall be: "5.4.3.2.1. GO!"
    - ii) The timer begins when the athlete's front boot crosses the start line or when the electric timing wand is activated.

- e) Gate line
  - i) The gate line is determined by the turning pole.
- f) Correct passage
  - i) A gate has been passed correctly when the competitor's snowboard tip and both feet have passed by the gate. The start and finish line are the same as a gate line.
  - ii) In the event that a competitor removes a pole from its vertical position before the competitor's snowboard tip and both feet have passed the gate line, the snowboard tip and feet must pass the original gate.
  - iii) Blind/Visually-impaired snowboarders
    - (1) Guide must be clearly identified.
    - (2) Guide may not pace snowboarder but rather provide verbal support to help assist correct passage through gates and over terrain.
    - (3) While it is preferred that the guide snowboard behind the racer, there may be cases where a guide passes in front. Only if competition officials rule that a material advantage was gained would this result in a disqualification.
    - (4) Athlete must compete in all time trials and races using the same guide. Any exception to this rule must be approved by competition management prior to a race.

5) Course specifications

a) Novice snowboard course layout

Event	Number of gates	Vertical drop	Course width	Terrain classification
Slalom	5 to 15	15 to 50m	30 to 40m	Novice
Giant Slalom	5 to 15	20 to 70m	30 to 40m	Novice
Super G	5 to 12	25 to 70m	30 to 40m	Novice

b) Intermediate snowboard course layout

Event	Number of gates	Vertical drop	Course width	Terrain classification
Slalom	15 to 30	30 to 100m	30 to 40m	Novice/Intermediate
Giant Slalom	15 to 30	50 to 150m	30 to 40m	Novice/Intermediate
Super G	10 to 20	50 to 200m	30 to 40m	Novice/Intermediate

c) Advanced snowboard course layout

Event	Number of gates	Vertical drop	Course width	Terrain classification
Slalom	20 to 45	60 to 200m	30 to 40m	Intermediate
Giant Slalom	20 to 40	100 to 300m	30 to 40m	Intermediate
Super G	15 to 35	150 to 350m	30 to 40m	Intermediate

6) Event modifications

- a) Course inspection
  - i) At the jury's discretion, a timed course inspection period may be replaced by having an official forerunner lead a line of athletes at very slow speed through the course one time.
- b) Slalom and Giant Slalom
  - i) Races will consist of two timed runs.
  - ii) The fastest one of the two times in each race will determine the results for awards.
  - iii) Races will be conducted on a first-come, first-served basis.
  - iv) Athletes needing to get in their first run in a specific race will take precedence over athletes waiting for their second run in the same specific race.
- c) Super G
  - i) Competition organizers will create Super G courses based upon the ability level of the competing athletes.
- d) The Super G race is a one-run race.

## SECTION H – SNOWSHOEING SPECIFICS

1) Facilities

- a) The track should be relatively flat. The course should be prepared so that conditions are similar for all parts of the track. The direction of competing shall be left-hand inside if a loop is used.
- b) Event specific layout should include the following.
  - i) 50m and 100m events
    - (1) Run on a straight area of the course or on a separate course to allow for events to run concurrently.
    - (2) Lanes should be marked and delineated on the track.
    - (3) These lanes should be at least 1m wide each with wider lanes up to 1.7m wide being preferable.
  - ii) 200m event
    - (1) Run over a portion of the 400m course.

- iii) 400m event
    - (1) Run one lap of the entire 400 meter course.
  - iv) 4x100m Relay events
    - (1) Run on the 100m course, with legs 1 and 3 positioned at one end, and legs 2 and 4 positioned at the opposite end.
    - (2) A legal exchange takes place when the on course snowshoer tags the next relay teammate, whose snowshoes must be behind the exchange line at the time of the tag.
- 2) Rules of competition
- a) All snowshoes will be measured and checked by an official prior to each competition.
  - b) Competitors must wear their assigned number in a position visible to the officials at all times.
  - c) The start
    - i) At the start of the race, competitors must have both tips of his/her snowshoes behind the starting line, which is identified, in the snow with either color or some form of marking.
      - (1) No part of the competitor's body or clothing can be in contact with the starting line or the snow ahead before the start.
    - ii) All supports, such as blocks or holes, which give an athlete an advantage at the start, are prohibited.
    - iii) All competitors in each division shall start on the starting line side by side at the same time. There will be no timed interval starts.
    - iv) Competitors may begin the race/ leave the start area after the start command "Racers ready – Go."
    - v) Starting command will be as follows:
      - (1) Verbal "Racers Ready" (competitor is expected to hold position).
      - (2) Verbal "Go" or firing of a starting pistol.
      - (3) An additional visual start indicator (flag) may be used to assist athletes with a hearing impairment.
    - vi) Any competitor starting before the start signal is given will be charged with a false start.
      - (1) A false start occurs when a competitor significantly moves any body part before the start signal after coming to a still set position after the "Racers ready" command and before the starting signal.
      - (2) An official should identify and notify the athlete that is charged with a false start.
      - (3) Any competitor making two false starts in the same race will be disqualified from that race.
  - d) The race
    - i) Pacing of competitors is not allowed. Pacing is defined as moving along with, ahead of, just behind or next to a competitor for more than 3m by persons not participating in the same race or use of any kind of timing device used to advise the competitor of their race time.
    - ii) In the 50m and 100m races, each competitor must keep in the allotted lane from start to finish. Unless a material advantage has been gained, or impedance or interference with another athlete occurs, a competitor shall not be disqualified if he or she leaves the lane.
    - iii) Any competing athlete who jostles or obstructs another athlete, so as to impede his or her progress, shall be liable to disqualification from that event. The action must be judged to be intentional and beyond incidental to result in disqualification. The Referee shall have the authority to order the race to be re-held excluding any disqualified athlete.
    - iv) Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have the authority to order the race to be re-held if he considers it just and reasonable to do so.
    - v) Only the officials and athletes competing in the race are allowed on the course.
    - vi) When using a curved course, the Race Director must ensure that all athletes must cover the same distance, either by a waterfall start or other means dictated by the shape of the course.
    - vii) If during a race a competitor falls, has difficulty with a snowshoe or binding, or leaves the track, he/she has two minutes to correct the problem.
      - (1) In any race 100m or longer a competitor must progress at least 20m toward the finish line every two minutes.
      - (2) A competitor who fails to adhere to the two-minute limit or receive assistance of any kind shall be disqualified.
      - (3) The closest field judge will be responsible for providing a one-minute warning and timing of the violation.
    - viii) Officials should allow the competitor 2 minutes to return to the course before intervening, unless the situation poses a safety concern for the competitor or other competitors on the course.
    - ix) A competitor may not progress forward more than 3m unless they have both snowshoes attached to their feet.
  - e) The finish
    - i) A competitor has finished the race when his/her torso reaches the vertical plane of the finish line. The torso is distinguished from the head, neck, arms, legs, hands and feet.
    - ii) To be official, a competitor must have both snowshoes on his/her feet when crossing the finish line.
  - f) Relay races
    - i) A proper exchange (tag/ touch) shall consist of the incoming competitor touching any part of the body of the outgoing

competitor with his/her hand.

(1) Clothing covering the hand or body will be considered part of that hand or body.

(2) Snowshoes are not considered part of the body.

ii) A legal exchange takes place when the on course snowshoer tags the next relay teammate, whose snowshoes must be behind the exchange line at the time of the tag.

(1) Making the touch/tag outside the exchange zone shall result in disqualification.

iii) Athletes, before receiving and/or after the touch/ tag should keep in their lanes or zones until the course is clear to avoid obstruction to other athletes.

(1) If an athlete willfully impedes a member of another team by running out of position or lane, his or her team shall be disqualified.

iv) The runners in the second, third and fourth legs of the relay races shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they complete their legs.

v) The competitor order in a Unified Relay event is up to the decision of the coach.

vi) A relay team consists of 4 competitors, any team with fewer than 4 competitors must forfeit.

vii) Each competitor must complete one-fourth of the distance of the total relay.

(1) No competitor may complete more than one leg of any one relay.

viii) Blind/Visually-impaired snowshoers

(1) Guide must be clearly identified.

(2) Guide may not pace snowshoer but rather provide verbal support to help assist correct passage over the race terrain.

(3) While it is preferred that the guide snowshoe behind the racer, there may be cases where a guide passes in front. Only if competition officials rule that a material advantage was gained would this result in a disqualification.

(4) Athlete must compete in all time trials and races using the same guide. Any exception to this rule must be approved by competition management prior to a race.

g) Disqualification

i) A competitor or relay team will be disqualified for the following.

(1) Improperly overtaking or impeding another competitor, or in any other way intentionally interfering with another competitor.

(2) Preventing another competitor from passing.

(3) Leaving the designated course.

(4) Making two false starts.

(5) Making an improper exchange on the relay exchange zone.

(6) Failing to adhere to progress within the two-minute time limit.

(7) Progressing more than 3m without both snowshoes attached to his / her feet.

(8) Crossing the finish line without both snowshoes on his / her feet.

(9) Receiving physical assistance at any time after he/she crosses the start line to begin the race or before he/she crosses the finish line.

(10) Using improper (not approved) snowshoes.