

# **ALPINE SKI AND SNOWBOARD CHAMPIONSHIP GUIDELINES**

## **Table of Contents**

Awards	1.
Championship Clothing	1.
Championship Results	1.
Championship Sponsors	2.
Penalty Point System	2.
Race Officials	3.
Gatekeepers	3.
Jury	4.
Other Race Officials Provided by the Host Division	4.
Racer Rules	4.
Racer Selection	5.
Responsibilities	6.
Coach Responsibilities	6.
Racer Responsibilities	6.
Ski Area Responsibilities	8.
Spectator Responsibilities	9.
Run Order	9.
Timeline	10.
Announcement of Final Details	10.
Announcement of Race Location	10.
Championship Dates	10.
Timing Systems	10.
Venue Selection	11.

## **ALPINE SKI AND SNOWBOARD CHAMPIONSHIP GUIDELINES**

### **AWARDS**

1. There will be 1st-3rd place team banners.
2. Medals will be given to the top ten women and top ten men finishers in each race.
3. Plaques will be given to the top ten women and top ten men finishers over the entire competition. Places will be determined by the addition of the racers places in slalom and giant slalom. In case of a tie, the total time for each racer will be calculated by adding the racers time in the slalom to his/her time in the giant slalom. (This will eliminate ties)
4. Certificates and patches will be given to each member the All-Division Teams of 10 men and 10 women. Each division will determine how the members of their All Division Team are selected.
5. There will be 1st place banners and 2nd and 3rd place plaques for the women's team with the best combined score and for the men's team with the best combined score.
6. Division rankings will be calculated and posted on the web site for men, women, and combined. The rankings will be based on the top ten finishers in each race from each division.

### **CHAMPIONSHIP CLOTHING**

Shirt designs will feature racing graphics. There will be no graphics featuring any kind of jumping.

### **CHAMPIONSHIP RESULTS**

1. Team points will be tallied by adding those points earned by the top three finishers for each school in both slalom and giant slalom for men and women.
2. Coaches will receive split second data from each race, team scores (with penalty points applied) and a list of the all-state team immediately after the awards ceremony.
3. Other results data will be available on the web site.
4. In case of a point tie, whether for an individual racer finish position or a point tie for a team finish position, the racer or team with the lowest time(s) will receive the better ranking in the results.

## CHAMPIONSHIP SPONSORS

2002 Championships to be held in the South	South I and South II sponsor
2003 Championships to be held in the North	North I and North II sponsor
2004 Championships to be held in the North	North I and North II sponsor*
2005 Championships to be held in the Central	Central I and Central II sponsor

The same rotation schedule will be followed in the following years.

\*Special Case

## PENALTY POINT SYSTEM

**5 Points will be deducted from the Racer Score and 5 points deducted from the Team Score for the following infractions:**

1. Unsportsmanlike conduct (Includes profanity, disrespect for race officials, coaches, and parent volunteers.)
2. Race bib violations. Racers will wear race bibs with numbers visible both front and back on the outside of their clothing at all times on race days.
3. Skiing/boarding within the designated course area in such a way as to present a danger to other skiers or gain an advantage by shadowing the course. (Racers will not ski 2 or more race turns parallel to the set course).
4. Racers will wear their helmet at all times (when their feet are attached to skis or board) during a school sanctioned activity with the coach (practice, pre/during/post race) and until released by their coach.

**In addition 5 points will be deducted from the women's team score and 5 points deducted from the men's team score for the following infraction. (This will result in a total of 10 points deducted from the team score)**

5. Gatekeepers who are late their station will be penalized.

**Penalty points may be reported by the Chief of Race, Chief Gatekeeper, Referee, Start Referee, TD and the Division Coordinators**

6. Disqualification of a racer will occur only for infractions of FIS rules or for infractions specifically listed in the CNISF By-Laws or CNISF Championship Guide. In all other cases, penalty points may be awarded.

7. Penalty points and disqualifications will be posted on the scoreboard at the bottom and at the top of the race course.

8. Division Coordinators will be stationed on the course(s) during the course inspection and at other times as necessary to ensure exemplary racer behavior.

**RACE OFFICIALS****Gatekeepers**

1. Each division will provide the specified number of gatekeepers for each day. These qualified gatekeepers can be two student gatekeepers or one student and one adult (not a coach), or two adults (not coaches) per station. If the ski area has qualified gatekeepers available which have been instructed in CNISSF rules and regulations, they may be used at the discretion of the sponsoring divisions and the Championship Coordinator. One complimentary lift ticket/gatekeeping station will be available for each school actually assigned a gatekeeping station for that day. Each gatekeeper will provide their own clipboards, pencils, fourteen gatekeeping cards, and an orange flag unless provided by the hosting divisions.
2. Two gatekeepers from different schools will be at each gatekeeping station.
3. If the terrain permits all gatekeepers will be located on one side of the race course.
4. All gatekeepers will wear a race bib from their school.
5. If the race area is fenced, the gatekeeping stations will be inside the fence.
6. Two gatekeepers only at each gatekeeping station at any time. Gatekeepers will not converse with spectators, coaches, or other racers not on the race course.
7. Gatekeepers who are late to their station will be penalized.
8. Gatekeepers must be in position at the time indicated on the gatekeeping schedule which will also be announced at the gatekeeping meeting.
9. All gatekeepers who have disqualified racer(s) must report to the bottom of the course at the end of the first complete run of the race and at the end of the second complete run of the race and stay until dismissed by the referee.
10. There will be a minimum of one gatekeeping station for each five gates in the course for slalom and a minimum of one gatekeeping station for each three gates in the course for giant slalom.
11. Gatekeepers will be placed in a location away from the spectators.
12. Gatekeepers will use the orange flag system. He/she will raise the flag to indicate that the racer must go back and will lower the flag when the racer may go.
13. Profanity must be reported by two consecutive gatekeeping stations for disqualification.
14. Gatekeepers will wear their helmets while gatekeeping.

4.

## **Jury**

1. Voting members of the jury are the Chief of Race, the Technical Delegate, the Referee, the Start Referee and the Division Coordinators. A Division Coordinator abstains from voting when the jury is voting on a matter pertaining to a racer in his/her division.
2. Voting members of the jury will wear identifying badges.

## **Other Race Officials Provided by the Host Division**

1. Head Gatekeeper and Assistant Head Gatekeeper
2. Head Timer for Electronic Timing System (generally provided by the ski area)
3. Head Timer for Back-up Timing System.
4. Hand Timers for Back-up System if hand timing is used
5. Head Calculator and Staff for Race Results
6. Other staff as required by the host ski area
7. Staff for and method of posting unofficial results.
8. Start Referee(s) for all start arenas.

## **RACER RULES**

### **Overtake/interference Rule**

Racer A has fallen or is terminally slow. Racer B is approaching from above. Racer A must move out of the way of Racer B to let B pass.

Racer B has two options:

1. To finish the course and obtain a time
2. To pull out of the course and ask for a re-run if Racer A is in the course and is a verified obstacle as noted by a gatekeeper or race official.

Racer A has three options:

1. Is disqualified if he/she is an obstacle in the course for Racer B.
2. To hike (if necessary), clear the gate(s), finish the course and obtain a time.
3. To not finish (DNF)

### **Racer Participation**

A racer will participate in only one event during the season and must make his/her choice prior to the first race.

## **RACER RULES Continued**

### **Regulations for Ski Length/Height off Snow**

The minimum ski length for CNISF racers is 130 cm. The standards for (a) height of boot, binding, and plate and (b) height of ski to top of plate for CNISF racers will be in the range of J III to J I standards

### **Ski Binding Release**

"A binding release occurring more than two gates above the finish in slalom, giant slalom or super G or one gate in downhill, shall be considered a "clear disqualification". Racers may not continue on course

### **Snowboard Hiking**

Only one foot need be attached to the board for snowboard hiking.

### **Terrain Parks**

Individual schools/school districts will make the decision whether to allow racers in terrain parks on training and on race days.

## **RACER SELECTION**

1. The championship meet will be scheduled for three days. The meet will be invitational on the following basis. Each full team will bring a minimum of three racers per event. (Women's slalom, men's slalom, women's giant slalom, men's giant slalom)
2. Each division will rank their racers in slalom by combining the racers points for his/her two best finishes. Each division will calculate 3 times the number of teams in the division. This number determines the list of racers that coaches will use to determine which racers from their team will compete in the Championships. A team may take as many qualifiers as they have above the line. Teams without three members on this list will then select racers from the remaining list of slalom rankings. The same method of racer selection will be used for giant slalom.
3. A school with less than three racers on any team (men/women in any discipline) will not affect the championship ratio of 3 racers times the number of schools in the division for that event. A school without a team of three members may take 0-2 team members to the Championships in each event providing each racer has started in two of three races in that event. The racer(s) from the small team will be placed in the run order for the division based on points earned by that racer. (Normal placement)
4. A school with less than three racers on any team (men/women in any discipline) is defined as a small school in that event. If a racer from a small school is ranked above the cut-off line for an event, he/she is temporarily crossed out and we count one place farther down the list. This results in one more racer on the division start list in this event. The racer from the small school will be put back into the run order for that event where he/she placed in the original ranking.

### **Racer Selection - Continued**

4. A racer must have started in two of three slaloms to qualify for the Championships in slalom.
5. A racer must have started in two of three giant slaloms to qualify for the Championships in giant slalom.
6. Each division will submit a run order ranked from highest to lowest points in each discipline (based on two races). The order for slalom in each flight will be N I, N II, C I, C II, S I, S II. The order for giant slalom in each flight will be N II, N I, C II, C I, S II, S I. This order will begin with the divisions that are sponsoring the Championships.
7. Any racer from above the line who does not participate will not be replaced by a league alternate .
8. Start lists are final at the Coaches Meeting the afternoon before the race.

### **RESPONSIBILITIES**

#### **Coach Responsibilities**

1. Coaches are responsible for access to their gatekeepers.
2. Coaches are prohibited from discussing possible disqualifications with gatekeepers.
3. Coaches are to take timing complaints to the referee rather than to the timers/calculators.
4. Coaches are encouraged to keep their comments about the races positive.
5. Coaches are encouraged to have their team attend the awards ceremony.
6. Coaches will exhibit good sportmanship as a model for their team and spectators.
7. Coaches will take specific complaints about the races to the Division Coordinator sponsoring the races.
8. All teams must have a representative at all coaches meetings during the Championships. Teams without representation at these meetings will be fined \$50.00 payable to the Chief of Race.
9. Divisions will submit championship team rosters in written form and on 3.5" disc. The sponsoring divisions will supply the disc format.
10. One representative from each division is required to review the start lists, the results of each race, and the combined results of the meet.

#### **Racer Responsibilities**

1. Racers who are late for their start will run at the end of the race order.

**Racer Responsibilities Continued**

2. Reruns will be at the discretion of the referee. Racers will complete reruns as soon as possible.
3. Racers will abide by arrangements made with local ski lift operators and hold themselves on call by meet officials.
4. Racers will respond readily for extra services as requested by meet officials, that is as hill tamperers, flag carriers, gatekeepers, and so on.
5. Racers may be disqualified for bothering the timer by asking for his/her or any other racer's time. The coach is responsible for warning team members about this regulation.
6. Any racer who displays unsportsmanlike conduct, smoking or drinking, at the ski area and/or during a race will be disqualified from the meet at the discretion of the referee.
7. Racers will wear race bibs with numbers visible both front and back on the outside of their clothing at all times on race days. Team jackets will not be allowed to replace bibs before, after, or during the race.
8. Racer profanity if heard by two consecutive gatekeeping stations will disqualify the racer from the competition.
9. There will be no skiing/boarding within the designated course area in such a way as to present a danger to other racers or gain an advantage by shadowing the course. (Racers will not ski/board 2 or more race turns parallel to the set course)
10. Racers can inspect the course with or without their coach.
11. Racers will be assigned one bib number to wear for both races of the competition.
12. Racers will wear ski or board clothing which covers arms and legs while training or on a race course.
12. From the point in time when racers meet to participate in any school sanctioned activity with the coach (practice, pre/during/post race) and until released by the coach, all racers will wear ski helmets.

Helmets are defined as being made of a single molded plastic shell that covers the entire head, thereby including both ears entirely and extending down to a point adjacent to the wearer's jaw. Helmets must be approved for ski racing and it is recommended to have a Snell S-98 or RS-98 label attached. Helmets must be worn as designed, including a buckled chinstrap. Helmets that meet Snell autoracing or motorcycle certification are acceptable, if the "freedom of vision" requirement for ski helmets is met.

**Ski Area Responsibilities**

1. Giant Slalom - Ski
  - a. Number of Gates 11-13% of the vertical drop for the total number of turning gates.
  - b. Maximum vertical drop 200-225 meters.
  - c. 2 runs with the best combined time being not less than 50 seconds.
  - d. Minimum of two delays per course
  - e. Gate count shall include turning gates and non-turning gates. Turning gates only count toward number of gates.
2. Giant Slalom - Board
  - a. Number of Gates 11-13% of the vertical drop for the total number of turning gates (20 gates minimum)
  - b. Maximum vertical drop 200-250 meters.
  - c. 2 runs with the best combined time being not less than 50 seconds.
  - d. Distance between gates no less than 10 meters.
  - e. Gate count shall include turning gates and non-turning gates. Turning gates only count toward number of gates.
  - f. In a dual course situation, the minimum distance between courses must be 10 meters.
3. Slalom - Ski
  - a. Number of Gates 35-45.
  - b. Maximum vertical drop 100-120 meters.
  - c. 2 runs with the best combined time being not less than 50 seconds.
  - d. There will be 3 hairpins and a flush per slalom course.
4. Slalom - Board
  - a. Number of Gates 28-35.
  - b. Maximum vertical drop 80-140 meters.
  - c. 2 runs with the best combined time being not less than 50 seconds.
  - d. Two combinations per course minimum.
  - e. Distance between gates 10-15 meters.
  - f. In a dual course situation, the minimum distance between courses must be 10 meters.
5. Entire course should be fenced if possible to keep spectators out of the course area.
6. Finish area must be fenced and adequate space for the finish must be provided.
7. Shovels and extra gates must be provided at reasonable intervals alongside the entire length of the course.
8. First aid equipment and personnel must be stationed on the race hill.
9. A sno-mobile must be available on the race hill for emergencies.
10. A loudspeaker system or posting board for unofficial results must be provided.
11. If possible seating should be provided for spectators. Areas safe for spectator viewing must be provided outside the fenced race course.
12. The course will remain set for fifteen minutes after each run for possible re-runs.

**Ski Area Responsibilities - Continued**

13. The Chief of Course is provided by the ski area.
14. The Head Timer for the electronic timing system is provided by the ski area.
15. The Chief of Course will post the conditions of the course inspection at the top of the course before the course is declared open for inspection.
16. The ski area will designate an area on the unofficial results board for posting protests.

**Spectator Responsibilities**

1. Spectators will remain outside the course and finish areas.
2. Spectators will exhibit good sportsmanship as a model for their racers.
3. Spectators will not interfere with jobs performed by any race official.
4. Spectator complaints will be directed to their team coach who in turn will direct these complaints to the Division Coordinator sponsoring the race.
5. Photographers with the exception of the official photographer will not be allowed inside the fenced course area.

**RUN ORDER**

1. The sponsoring divisions will be responsible for the race order and will run first in each flight. The number of flights will be set by the division which brings the largest number of racers. Each division will submit a run order ranked from highest to lowest points in each discipline. Placements in the flights will be as in division races. The order of divisions is North I, North II, Central I, Central II, South I and South II. The order for slalom in each flight will be N I, N II, C I, C II, S I, S II. The order for giant slalom in each flight will be N II, N I, C II, C I, S II, S I. This order will begin with the divisions that are sponsoring the Championships. The order in each flight shall rotate each year with the host divisions running first in each flight and the other divisions following in order.
2. Second run order will be determined by reversing the order of the first 12 (2 x the number of divisions) racers followed by the remainder of the racers running in first run time order.
3. For the first run in dual events, odd numbers on the start list will run on the red course and even numbers on the start list will run on the blue course. For the second run, the order of the first twelve racers (2 x the number of divisions) in the first run will be reversed. The odd numbers on the start list will run on the red course and the even numbers on the start list will run on the blue course. The remainder of the field will run in first run time order with racers running on the opposite colored course. (eg. first run on blue/second run on red).

## **TIMELINE**

### **Announcement of Final Details**

1. The sponsoring division will communicate the final details of the Championships to the membership in writing no later than January 30th.
2. The final detail announcement will contain all the information listed in the Announcement of Race Location.
3. In addition this announcement will contain the run order, the date, time, and location of the coaches meeting prior to the races, the exact hill location of the races, a list of race officials, and location of the awards ceremony.
4. Any other special requirements will be communicated in this announcement such as team rosters or parent rosters required for lift ticket purchase.

### **Announcement of Race Location**

1. The sponsoring divisions must secure a race location prior to November 1st.
2. The race location and details of the race will be communicated to the membership in writing no later than November 15 th.
3. The race location announcement will contain race dates, racer lift ticket costs for the race days, number of complimentary lift tickets per school, parent lift ticket costs for the race days, race start time each day, and anticipated time of the awards ceremony.
4. Possible sources of housing with telephone numbers should be included in the race location announcement.
5. Lift ticket costs for team skiing at the selected ski area the weekend prior to the Championships should be included in the race location announcement.

### **Championship Dates**

1. The preferred dates for the Alpine Championships are the first Monday , Tuesday, and Wednesday in March. The dates are selected at the CNISSF meeting held the previous Spring.
2. The preferred make-up dates for the Alpine Championships are the second Monday, Tuesday, and Wednesday in March.
3. In cases of disaster, other dates may be selected with the approval of a majority of coaches in the CNISSF. However the Championships must be completed by March 15. If the Championships are scheduled after March 15, the chairperson must get special approval from the North Section CIF.

## **TIMING SYSTEMS**

Two independent electronic timing systems must be provided.

11.

**VENUE**

Ski areas and resorts that meet Championship criteria as assessed by the Championship Coordinator can be considered.

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