



## Winter Sport Rules

# Alpine Skiing



March 2021

## **The Special Olympics Canada (SOC) Official Sports Rules shall govern all SOC alpine skiing competitions.**

As a national sports program, SOC has created these rules based upon the Fédération internationale de Ski (FIS) and Alpine Canada (AC) rules. FIS or AC rules shall be employed except when they are in conflict with the SOC Official Sports Rules. In such cases, the following SOC official Alpine Skiing sport rules shall apply.

## **SECTION A - Official Events**

- 1. Downhill**
- 2. Giant Slalom**
- 3. Slalom**
- 4. Super-G**

## SECTION B - Rules of Competition

- I. Alpine Skiers must only qualify in three of the official racing events in Provincial Games to be eligible to attend National Games. These three events would be the Slalom, Giant Slalom and Super-G. They need not qualify in the Downhill in order to attend the National Games. If time and weather conditions permit, a Downhill race can be run, but not required in order for an athlete to move on to National or World Games. Despite not qualifying in the Downhill, athletes selected to move on to the National Games will be eligible to compete in the Downhill event at the National Competition.
  
- II.
  - a. **Downhill** - Novice, Intermediate and Advanced skiers shall have one time trial run. This time will be used for divisioning purposes. Once divisions have been established, and the competitor's skill level has been determined, the competitor shall compete within the respective level for the entire competition. The time trial run is also used to establish the start order for the first run of competition. For competition, the competitor with the fastest trial time shall race first, slowest last.
  
  - b. **Giant Slalom** - Novice, Intermediate and Advanced skiers shall have two time trial runs, with the fastest time used to determine their division for competition. Once divisions have been established, and the competitor's skill level has been determined, the competitor shall compete within the respective level for the entire competition. Time trials are also used to establish the start order for the first run of competition. In the first run of competition within each division, the fastest trial time starts first, slowest last. The start order for the second run is determined by inverting the order of finish of the first run within each division.
  
  - c. **Slalom** - Novice, Intermediate and Advanced skiers shall have two time trial runs, with the fastest time used to determine their division for competition. Once divisions have been established, and the competitor's skill level has been determined, the competitor shall compete within the respective level for the entire competition. Time trials are also used to establish the start order for the first run of competition. In the first run of competition within each division, the fastest trial time starts first, slowest last. The start order for the second run is determined by inverting the order of finish of the first run within each division.
  
  - d. **Super-G** - Novice, Intermediate and Advanced skiers shall have two time trial runs, with the fastest time used to determine their division for competition. Once divisions have been established, and the competitor's skill level has been determined, the competitor shall compete within the respective level for the entire competition. Time trials are also used to establish the start order for the first run of competition. In the first run of competition within each division, the fastest trial time starts first, slowest last.

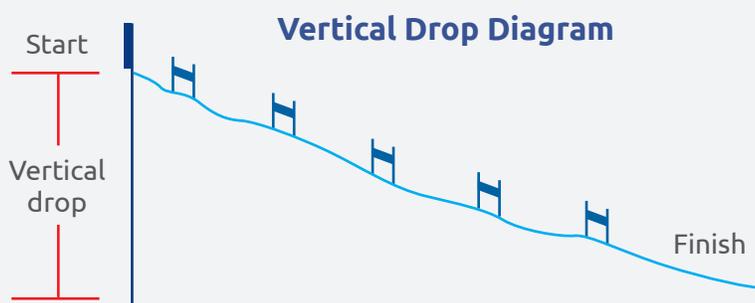
**NOTE: If time in the race schedule is restricted and divisioning within each discipline is not possible, then, for purposes of divisioning, each skier shall have two time trial runs on a modified Giant Slalom course of their ability level, with the fastest time used to determine their division for competition.**

- III. During competition, if a competitor should move out of the general direction of the line of the course (fall, miss a gate, ski comes off, etc.) they shall have 1 minute from the time of the deviation to re-enter the course. A competitor who fails to adhere to this 1 minute time limit or receives physical assistance of any kind shall be disqualified. Disqualification shall be determined by the gate judge assigned to the gate closest to where the infraction occurred. The gate judge is responsible for timing the 1 minute.
- IV. The minimum and maximum requirements for gates, vertical drops, slope gradients, and other elements that are necessary for the course-setters to consider when setting novice, intermediate and advanced courses are identified in these following rules.

## Number of Gates

\*Includes start and finish gates. Each gate shall consist of a turning pole and outside pole, which are of the same colour. Gates shall be of alternating colours as one proceeds through the course.

\*\*Vertical Drop: The vertical distance in elevation between the start and the finish.



## Downhill

**Requirements:** Course should be set on trail with slope gradient constant (No counter-slopes/sidehills). Course should be set on trail with width of no less than 30 metres (95 feet). Course should be set in such a manner that the competitors will start a turn no less than 2.5 to 3.5 seconds after initiating the previous turn.

### Novice:

**Number of Gates\*:**

5 minimum, 10 maximum

**Vertical Drop\*\*:**

15m (50ft) minimum, 60m (195ft) maximum

**Slope Gradient:**

10% minimum, 20% maximum.

Beginner to Intermediate terrain.

### Intermediate:

**Number of Gates\*:**

8 minimum, 15 maximum

**Vertical Drop\*\*:**

30m (95ft) minimum, 80m (260ft) maximum

**Slope Gradient:**

15% minimum, 28% maximum. Intermediate terrain.

### Advanced:

**Number of Gates\*:**

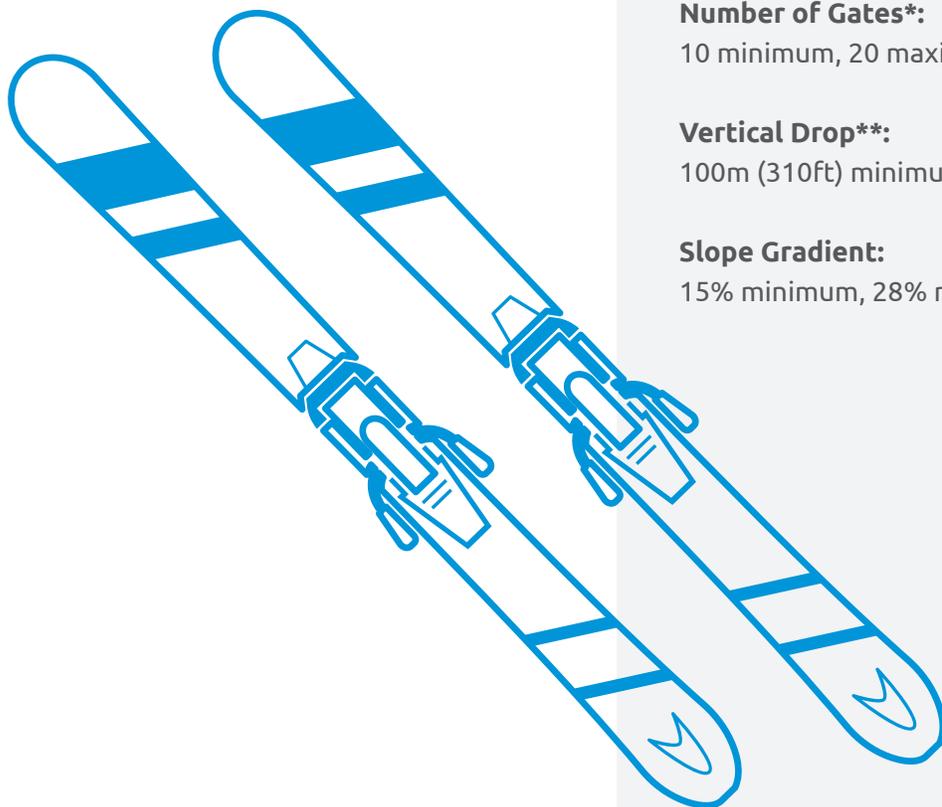
10 minimum, 20 maximum

**Vertical Drop\*\*:**

100m (310ft) minimum, 500m (1,620ft) maximum

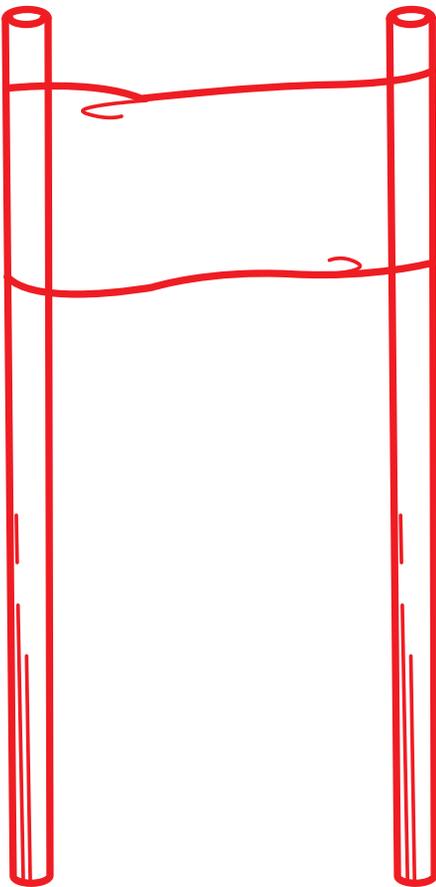
**Slope Gradient:**

15% minimum, 28% maximum. Intermediate terrain.



## Giant Slalom

**Requirements:** Course should be set on trail with slope gradient which is relatively constant (No counter-slopes/sidehills). Course should be set on trail with width of no less than 30 metres (95 feet). Course should be set in such a manner that the competitors will start a turn no less than 1.5 to 2.5 seconds after initiating the previous turn.



### Novice:

**Number of Gates\*:**

7 minimum, 15 maximum

**Vertical Drop\*\*:**

15m (50ft) minimum, 60m (195ft) maximum

**Slope Gradient:**

10% minimum, 20% maximum.  
Beginner to Intermediate terrain.

### Intermediate:

**Number of Gates\*:**

10 minimum, 20 maximum

**Vertical Drop\*\*:**

30m (95ft) minimum, 80m (260ft) maximum

**Slope Gradient:**

10% minimum, 28% maximum.  
Intermediate terrain.

### Advanced:

**Number of Gates\*:**

15 minimum, 45 maximum

**Vertical Drop\*\*:**

80m (260ft) minimum, 350m (1,140ft) maximum

**Slope Gradient:**

20% minimum, 45% maximum.  
Intermediate to Advanced terrain.

## Slalom

**Requirements:** Course should be set on trail with slope gradient which is relatively constant. (No counter-slopes/sidehills). Course should be set on trail with width of no less than 25 metres (81 feet). Course should be set in such a manner that the competitors will start a turn no less than 0.75 to 1.5 seconds after initiating the previous turn.



### Novice:

**Number of Gates\*:**

10 minimum, 15 maximum

**Vertical Drop\*\*:**

15m (50ft) minimum, 50m (162ft) maximum

**Slope Gradient:**

10% minimum, 20% maximum.  
Beginner to Intermediate terrain.

### Intermediate:

**Number of Gates\*:**

20 minimum, 30 maximum

**Vertical Drop\*\*:**

30m (95ft) minimum, 80m (260ft) maximum

**Slope Gradient:**

20% minimum, 28% maximum.  
Intermediate terrain.

### Advanced:

**Number of Gates\*:**

35 minimum, 60 maximum

**Vertical Drop\*\*:**

60m (195ft) minimum, 180m (600ft) maximum

**Slope Gradient:**

20% minimum, 45% maximum.  
Intermediate to Advanced terrain.

## Super-G

**Requirements:** Course should be set in such a manner as to cause competitors to initiate a turn not less than 2.0 to 3.0 seconds from the previous turn.

The distance between gates shall be not less than six metres and not more than eight metres. In the advanced Super-G, the course may be set in a variety of long and medium turns, but Novice and Intermediate courses should be rhythmical.

### Novice:

**Number of Gates\*:**

5 minimum, 10 maximum

**Vertical Drop\*\*:**

50 m (162ft) minimum, 100m (325ft) maximum

**Requirements:**

Low intermediate to novice terrain with a constant gradient.

### Intermediate:

**Number of Gates\*:**

12 minimum, 25 maximum

**Vertical Drop\*\*:**

100 m (325ft) minimum, 200m (650ft) maximum

**Requirements:**

Intermediate terrain with a constant gradient.

### Advanced:

**Number of Gates\*:**

18 minimum, 35 maximum

**Vertical Drop\*\*:**

150 m (487ft) minimum, 300m (975ft) maximum

**Requirements:**

High intermediate to advanced terrain and may be variable gradient.



## Section C - Equipment and Safety Requirements

Athletes will follow the appropriate equipment specifications outlined in the FIS rulebook. Helmets\* are mandatory and must be worn by athletes at all times during training and competition for all events, no exception. A label attesting conformity with FIS specifications "RH2013" is mandatory. Only helmets with hard shells and padding covering the head and ears are permitted. Helmets with spoilers or edges that stick out are not permitted.

**NOTE: Hockey, cycling and other helmets not designed for alpine skiing will not be permitted.**

