

CHAPTER 1

I

SKIING COMPETITION AND RACING RULES (ALPINE)

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CHAPTER 1

SKIING COMPETITION AND RACING RULES (ALPINE)

0101. Introduction

a. Alpine Ski Racing is a formidable challenge for novices and experts alike. It is exciting and demanding, requiring fitness, courage and technical ability. Above all it is great fun, especially in the team format. It is fundamental to know the rules and the following attempts to simplify the complexity. This BR is an abridged version of the ICR produced to give guidance to newcomers to ski racing and to act as a reminder to the more experienced competitor. Please study the ski race rules carefully and always take safety as your first priority. Good Luck!

b. It is appreciated that the rules for ski racing are complex and not always easy to follow especially for novice competitors. Team Captains, particularly, should know the rules. Bite the bullet and read and understand these rules! The Alpine rules set out below are based on the Federation International du Ski (FIS - ski racing's governing body) - International Competition Rules (ICR). The ICR booklet can be obtained from:

Snowsport GB
EICA
South Platt Hill
Newbridge
Edinburgh
EH28 8AA

Tel: 0131 335 5678
E-mail: info@snowsportgb.com
Web: www.snowsportgb.com

Or downloaded the ICR from: www.britski.org (with much other ski racing information)

c. **CILOR.** Personnel are reminded of the following. CILOR may be claimed by serving personnel attending the Championships who achieve the following minimum criteria or by members of the Committee.

- The beginners' package in either week (4 days of instruction plus the beginners' race) or,
- 3 days of official activity (to include at least 1 race).

d. **Duty Status.** Personnel are considered on duty when:

- Travelling to/from the authorised overseas destination.
- Taking part in official activities from departure from accommodation each day until completion of competition, training or official duties.

e. **Sports Travel.** Regulations laid down by Joint Services DIN permit participants who meet the same criteria as for CILOR above, and essential officials to travel at public expense subject to local unit travel officer's approval and maximum amounts. The current regulations are as follows:

The maximum per capita sums are:

- (1) Those based in UK:
 - (a) Return travel between unit and the point of departure from the UK - £50.
 - (b) Return travel between UK point of departure and the Championships venue - £125.
- (2) Those based in Europe:
 - (a) Return travel from the unit to the Championships venue - £125.
 - (b) Claims are to be supported by appropriate receipts and travel via White Fleet vehicles is subject to the above maximum per capita sums not being exceeded.

0102. Skiing Competition Eligibility

Table 1-1. Skiing Competition Eligibility

RACE TITLE	PARTICIPANTS (See below for descriptions)
Giant Slalom, Slalom and Super G 'A' Races	Major/Minor Establishment 'A' Teams RNWSA Club Teams Individuals
Giant Slalom and Slalom 'B' Races	Major/Minor Establishment 'B, C' Teams as appropriate RNWSA Club Teams Individuals
'C' Races	Individuals that may have completed the Beginners package, but have not competed in a 'B' or 'A' race
Beginners Race	Beginners (that have taken the beginners instruction package) and 16 and unders

0103. Individual Racing Categories

a. To provide individual ski racing that ensures competition relevant to experience (and therefore fairness), it is necessary to set ski racing categories as detailed below. Separate prizes will be awarded to both Male and Female competitors in these categories:

Table 1-2. Individual Racing Categories

CATEGORY	INDICATOR	DESCRIPTION
Master	MAS	Racers aged 50 and over on 1 st Jan in the year of the championships.
Expert	EXP	Current RN Ski Team member. Has raced for the RN Ski Team within last 5 years. Has achieved an 'A' race podium position within the last 5 years, (will not be eligible for individual prizes in 'B' races but may race and be awarded prizes as part of a team). Age 17 Yrs or over.
Non-Expert	NON	Has raced for a command previously (no time limit). Has raced for RN Ski Team between 5 and 10 years ago. Has achieved a 'B' race podium position, (the participant must then progress to 'A' races. If not able due to unit then will not be eligible for individual prizes but may race and be awarded prizes as part of a team). Age 17 Yrs or over.
Intermediate	INT	Not classified Master/Expert/Non Expert/Beginner. Age 17 Yrs or over.
Beginner	BEG	Any competitor who has never skied on snow (but may have had up to 4 hours on an artificial slope) prior to the Championships. Beginners must attend Beginner's Instruction otherwise Beginners Race Entry will be denied.

b. Individuals or Team managers may request at pre-race registration for re-categorisation to be considered. This will be decided upon by The Chief of the Race, Deputy Championships Director and the Referee. The Race Committee also reserve the right to re-categorise competitors whose ability is considered to be above or below Distance from ski bottom to boot sole bottom must not exceed 55mm.

0104. Team Skiing

All establishments including ships/submarines are divided into 2 categories:

a. **Major.** The following units are defined as Major units:

40 Cdo RM
42 Cdo RM
45 Cdo RM
Abbey Wood
Albion

Ark Royal
BRNC
Bulwark
Collingwood
Commando Logistics Regiment
CTCRM
Drake
FPGRM
Heron
Illustrious
MOD Main Building
Navy Command HQ
Nelson
Neptune
Ocean
Raleigh
RM Poole
Seahawk
Sultan
UKLF Command Support Group

b. **Minor.** All units not listed above.

0105. Command Teams

a. All RN and RM personnel serving on regular engagements, members of the RN and RM Reserves, plus Army, RAF and members of Foreign and Commonwealth Forces carrying out attachments of not less than 6 months, are eligible to represent the Command in which they are serving in accordance with [sub para \(1\)](#) to [sub para \(4\)](#) below. No more than 25% of the respective team is permitted to be Army, RAF, Foreign or Commonwealth personnel. (NB: draft order/OAL dates are binding). Personnel serving in HM ships shall compete for the appropriate geographical command as depicted by either base port or refitting port.

(1) *Royal Marines.* Team comprises all Royal Marines personnel (ashore and afloat) and Royal Navy personnel drafted or appointed to Royal Marines units. If not selected for the Royal Marines, such personnel may represent the Command/Area in the geographical area in which they are serving as detailed in BR 8588, Annex 12A.

(2) *Naval Air.* Comprises all personnel (except Royal Marines), including those on the trained strength of the FAA and all RN personnel, who are drafted or appointed to an Air Station or unit/outstation administered by A/COS (AV). FAA personnel drafted or appointed to AESD (HMS SULTAN) and those trainees who have successfully completed Part 3 training at AESD are also included.

(3) *Portsmouth, Plymouth, Scotland (including Northern England and Northern Ireland).*

(a) Subject to the provisions set out above, all RN personnel shall compete for the Command whose geographical limits in which their establishments are situated in accordance with area boundaries detailed in BR 8588, 12A.

(b) In the event of a geographical Command encountering difficulty in raising teams, a combined team may be formed. The final decision in these circumstances will be taken by the Chairman of the Race Committee in collaboration with the Command team captains and the appropriate member of the Championships committee.

(4) *RN/RM Reserve Command*. Any member of the RN or RM Reserve Service.

b. **Second Claim.** Competitors not selected as first claim for RM, or NA may, subject to prior agreement by team captains (and approved by the Deputy Championships Director/appropriate member of the Championships committee) compete as second claim for the Command within whose geographical area they are situated as detailed in BR 8588, Annex 12A. Other competitors not required by their first claim Command may, subject to agreement as above, be claimed by any other Command. Individuals so claimed must not compete for any other Command.

c. All personnel eligible to compete for a Command side under the rules set out above, shall also be eligible to compete for the ship or establishment in which they are serving. Personnel may only compete for the unit to which they are drafted or appointed; however, when a unit is unable to enter a competition, personnel of that unit may only compete for that unit's accounting base. Personnel on loan from one unit to another shall only compete for their parent unit. In the case of smaller, self-accounting units unable to raise a team, personnel from these units may combine with, or compete for another unit subject to the agreement of the Organising Committee. Once again, it is the responsibility of Team Captains to ensure that they understand the eligibility rules and seek necessary clarification prior to arrival at the Championships.

d. Command Champions will be the command achieving the lowest FIS points score from the top 3 competitors completing all the following races: SL'A', GS'A', SG'A'.

0106. Skiing Prizes, Trophies and Presentations

a. During the Championships race week, major trophies and prizes will be awarded in 2 distinct locations, firstly on the piste daily after racing and secondly at the Prize Giving and Closing Ceremony. The final Prize giving and Closing Ceremony will be held at a location to be announced. The following tables detail the type of trophies and prizes and the location for their award. If you think you have won a prize or trophy it is in your interest to remain at/return to the Finish Area of the race piste in sufficient time to be awarded your prize – there will be no miss-musters. Check at the Race Office for Overall and Combined results.

b. Civilian members will not be eligible to compete for the overall champions and non-expert/intermediate winners/runners-up prizes. Reservists are eligible for prizes in all categories.

c. A special prize will be awarded to the winner of the skier beginners' race each week. To be eligible for this prize the competitor must be aged 16 or above on 1st January 2008 and have attended the RNWSA Skiing Beginners Class in the week of competition.

d. **Race Piste.**

The Beginners Race prizes will be presented at the bottom of the race piste on completion of racing. All other prizes as detailed below will be presented at the bottom of the race piste. Separate prizes will be awarded for male and female competitors, except where noted below, in each individual category (i.e. non team prizes).

Table 1-3. Prizes and Trophies

RACE	PRIZES AND TROPHIES
Beginners	1 st , 2 nd & 3 rd Male & Female, race run in both weeks
16 and Unders	Overall – 1 st , 2 nd Race run in both weeks (in each age group) (non gender)
GS 'C' both weeks	1 st , 2 nd & 3 rd Male & Female run in both weeks
GS 'B' Week One	1 st 2 nd 3 rd Male & Female
Skicross Week One	1 st 2 nd 3 rd Non gender
Giant Slalom 'A'	Overall/Non-Expert/Intermediate – 1 st , 2 nd , 3 rd Male/Female Master – 1 st , 2 nd , 3 rd (non gender) Major/Minor/Club Team - 1 st , 2 nd
Slalom 'A'	Overall/Non-Expert/Intermediate – 1 st , 2 nd , 3 rd Male/Female Master – 1 st , 2 nd , 3 rd (non gender) Major/Minor/Club Team - 1 st , 2 nd
Super G 'A'	Overall – 1 st , 2 nd , 3 rd Major/Minor/Club Team - 1 st , 2 nd Richard Madeley Trophy – Individual winner Rolls Royce Trophy – First Major unit team Presidents Salver – First Minor unit team
Premier Super G	1 st , 2 nd & 3 rd Male & Female
Giant Slalom 'B'	Non-Expert/Intermediate - 1 st , 2 nd , 3 rd Male/Female Master – 1 st , 2 nd , 3 rd (non gender) Major/Minor/Ship's/Club Team - 1 st , 2 nd
Slalom 'B'	Non-Expert/Intermediate - 1 st , 2 nd , 3 rd Male/Female Master – 1 st , 2 nd , 3 rd (non gender) Major/Minor/Ship's/Club Team - 1 st , 2 nd

e. Final Prize Giving & Closing Ceremony

Table 1-4. Awards

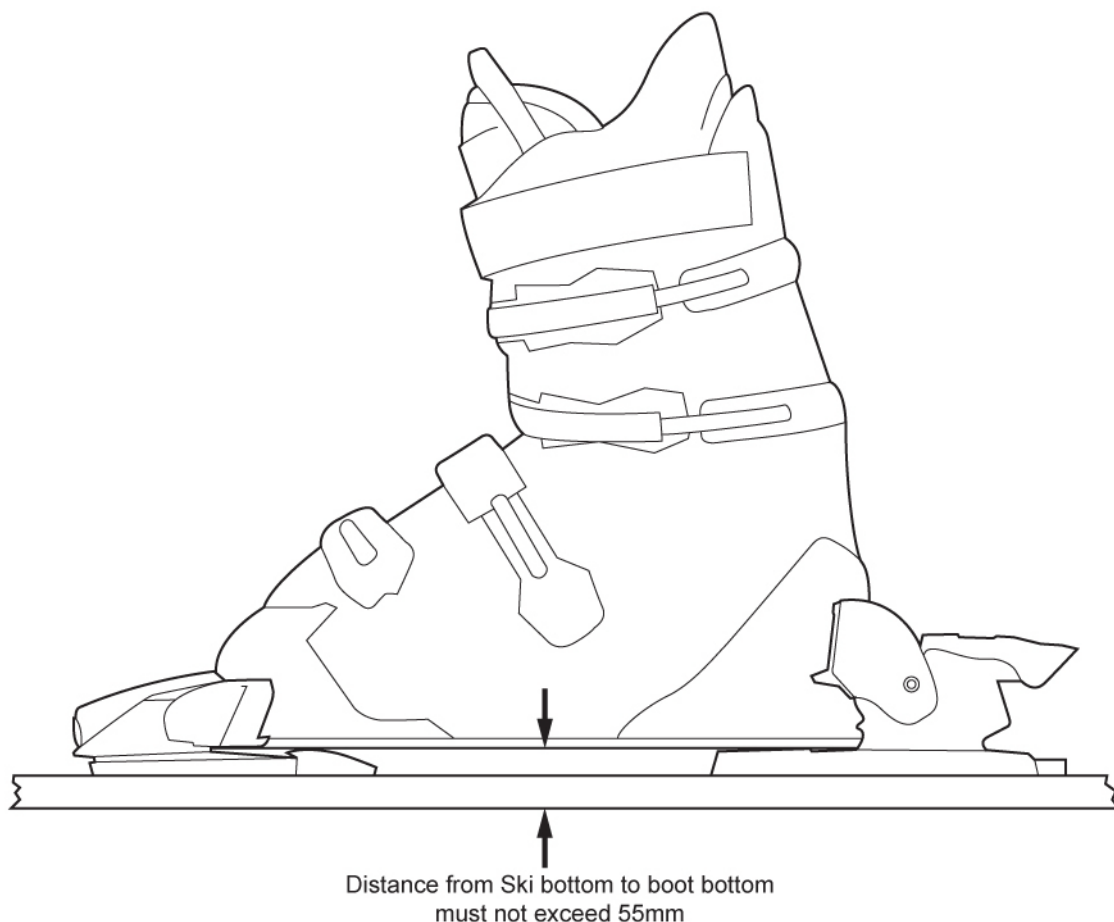
AWARD	CRITERIA
Overall Male Champion (Prest Plate) + Runner Up	Combined results from GS A, SL A and Super G A
Overall Female Champion (Carole Wilson Salver) + Runner Up	Combined results from GS A, SL A and Super G A
Male Champion (Non Expert) (Andrew Baird Salver) + Runner Up	Combined results from GS A, SL A and Super G A
Female Champion (Non Expert) (Womens Combined Event Salver) + Runner Up	Combined results from GS A, SL A and Super G A
Male Champion (Intermediate) + Runner Up	Combined results from GS A, SL A and Super G A
Female Champion (Intermediate) + Runner Up	Combined results from GS A, SL A and Super G A
Master Champion (non gender) + Runner Up	Combined results from GS A, SL A and Super G A
Champion Major Unit A Team (Trevor Jones Salver)	Presented to the overall winning <i>Major Units A Team</i> - combined results from GS A, SL A and Super G A
Champion Minor Unit A Team (Chairman's Salver)	Presented to the overall winning <i>Minor Units A Team</i> - combined results from GS A, SL A and Super G A
Champion Major Unit B/C Team (Trafalgar Salver)	Presented to the overall winning <i>Major Units B/C Team</i> - combined results from GS B and SL B
Champion Minor Unit B/C Team (Taranto Salver)	Presented to the overall winning <i>Minor Units B/C Team</i> . combined results from GS B and SL B
Champion Club Team (Club Team Salver)	Presented to the winning <i>Club Team</i> . combined results from SG, GS A and SL A
Champion Command Team (Rush Cup)	Presented to the winning <i>Command Team</i> . Decided from combined results of the GS A, SG A and SL A (aggregate of best same 3 skiers)

0107. Race Rules - General

a. **Bibs.** Bibs are to worn by competitors, during the race, with the numbers fully visible, at front and rear and unaltered in any way, and in accordance with the start order list. Bibs must also be visible when racers are inspecting the courses. This latter rule is to ensure that only authorised competitors are on the course during inspection. Competitors are to note that they risk disqualification if they fail to obey the Race Committee instructions or ski/shadow the course during inspection. Competitors are only allowed on the course during the official inspection times which will be announced at the Team Captains' meeting. Bibs are normally issued on the day of the race or as announced at the Team Captains' meeting.

b. **Dress.** Competitors must be correctly attired at the start by wearing full clothing cover (shorts, short sleeves, sunglasses, iPod, rucksacks etc. will not be allowed). Ski goggles are recommended and if spectacles have to be worn, goggles must be worn over these. A helmet designed for racing is now mandatory for all competitors in all races. This has been introduced by the FIS as a result of a medical study into the safety of ski helmets. Skis and Bindings must be fitted with brakes (ankle straps are not acceptable). Modern binding design has raised the height of the boot above theski. To prevent undue stress on the knee joint, regulations now state that the boot sole must not exceed 55mm in height above the ski sole:

Fig 1-1. Skis, Boots and Bindings



c. **Skis.** To ensure safety, there are now rules that govern the size and shape of skis for all disciplines. Essentially, the rules state the faster the discipline the longer the skis and the larger the radius. These regulations are founded on safety for the competitor. The RNWSA Race Committee **strongly recommends** that competitors comply with the following FIS dimensions:

Table 1-5. FIS Dimensions

DISCIPLINE	MINIMUM RADIUS	COMMENTS	MINIMUM LENGTH	COMMENTS
Super G	33 metres	Tolerance - 1 metre	Men 185 cm Ladies 180 cm	Sizes as for Masters races
Giant Slalom	21 metres	Tolerance - 1 metre	Men 180 cm Ladies 175cm	Sizes as for Masters races
Slalom	No rule		Men 165 cm Ladies 155 cm	

Note. Sizes are taken from the ISO normal measurements and all modern skis are required to display length and radius on the ski. It is the competitor's responsibility to race in the correct sized equipment.

d. **Start Order.** This will be drawn manually, at the Team Captains' Meeting. Any Captain not present at the Meeting will be discounted from the event, unless their extenuating circumstances are notified to the Jury. In events which have 2 runs, the second run will have the running order reversed. Where the Start List is more than 30 competitors this will be broken down into 2 or more blocks with running order reversed within each block.

e. **Course Inspection.** Course inspections are programmed for each run of each event and times will be announced at the Team Captains Meeting. Race officials will control the inspection and instructions for the inspection will be given at the start. Competitors may be asked to "slip" the course to flatten the snow in preparation for the race. Competitors may be disqualified if they ski or shadow any part of the course during inspection. Subject to availability, a warm up slope may be allocated. Course inspection is strongly recommended for all races and a fast training run is mandated for Super G races.

f. **Jury.** The Start Referee is in charge of the start area and is responsible for calling forward the competitors in start list (bib) order. Competitors will not receive any assistance at the start (e.g. pushed through the start gate) and competitors who fail to show at the start gate in their bib start order will be recorded and may be sanctioned. The timing equipment will start as the competitor opens the gate wand with the lower leg on passing through the start gate.

The Jury will consist of:

- (1) Technical Delegate.
- (2) Chief of Race.
- (3) Referee.
- (4) Assistant Referee (compulsory for SG, optional for SL & GS).

Duties of the Jury include checking the course for safety and compliance with the rules, deciding on disqualifications and appeals against disqualification, checking medical support is in place and monitoring all race procedures. The Referee is the competitor's representative on the Jury and may be contacted, by competitors, in the event of a dispute or clarification of rules.

g. **GS/SG Start.** The Start Procedure for GS and SG involves a fixed start interval (normally 40 secs for GS and 60 secs for SG). The Start Referee will call the competitor forward and into position with poles in front of the gate wand. The Start Referee will call "10 seconds", then "5 seconds, 4,3,2,1 and Go". Alternatively, the Start Referee will call "10 seconds" then an electronic beep will sound at 5,4,3,2,1 seconds before emitting a higher pitch for "Go". The competitor must start within the 10 second period between the 5 seconds announcement/beep and 5 seconds after the Go. Failure to start within this 10 second period may result in a saction.

h. **Slalom Start.** The Start Procedure for Slalom is different from that of GS and SG. Slalom has no set time interval. Once the previous competitor has departed and sufficient time has elapsed, the Start Referee will ask the competitor "Ready?" then order, "Go". The competitor must start within about 10 seconds of this order.

i. **Gates.** The Passing of Gates is of critical importance to the competitor and the following should be studied carefully. Gates are formed by at least 2 poles with an imaginary line between the poles. The competitor passes a gate correctly when both ski tips and both feet have passed across the imaginary gate-line. If a competitor loses a ski without fault (e.g. without straddling a gate) then the competitor may continue with only one ski. Clearly it is difficult to ski with only one ski but this option may save time if the ski is lost near the finish. Should a competitor fail to pass a gate correctly, then the competitor can go back up the hill to pass the gate correctly (in either direction) and then carry on. Every group of gates has a Gate Judge monitoring it and the competitor may ask the Gate Judge if the gate has been passed correctly. The Gate Judge will answer either "Go on" or "Go back up". If a competitor misses a gate, he/she no longer has the right to continue on down the course and must either go back to the missed gate or ski out of the course. A competitor who incorrectly passes 2 or more consecutive gates will be deemed to be aware that he/she has missed gates. There is NO option to climb back up the hill in SUPER G races. In all events, a competitor abandoning the course must descend via the side of the course AND NOT SKI THROUGH THE FINISH.

The Finish must be crossed:

- (1) On both skis or
- (2) On one ski or
- (3) With both feet only, although this will be accepted only where a competitor falls within the finish area (i.e. between the last gate and the finish line) and the momentum of the fall carries the competitor through the finish.

The finish line is fitted with a light sensing device which triggers the recording of the competitor's time.

The competitor's time will be recorded when the finish light beam is broken by the competitor passing through the finish.

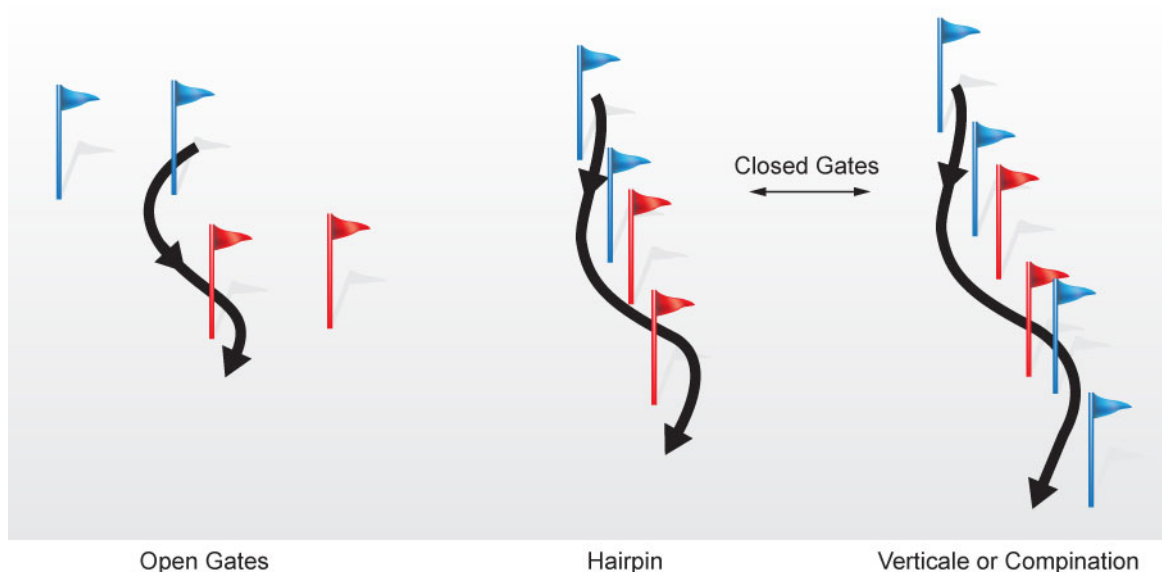
j. **Re-runs.** Re-runs will be awarded to competitors who are obstructed (e.g. by another competitor, official, broken pole etc) if the competitor follows the correct procedure; i.e. when obstructed, the competitor must leave the course immediately, ski down the side of the course and not through the finish and report to a race official, normally the Finish Referee, and explain the cause of the obstruction. A provisional re-run will normally be given and the competitor should immediately report to the Start Referee to re-run. Depending on the evaluation of the obstruction, the Jury may subsequently decide that the re-run is valid or the competitor be disqualified. A competitor who has been disqualified prior to the obstruction will not be given a valid re-run. If a competitor is obstructed and continues with the run, a re-run will not be given and the competitor is deemed to have accepted the obstruction.

k. **Results.** The Results (provisional) are published after the Jury meeting on completion of each run, at the finish hut. Once the provisional results are published, Team Captains/competitors have 5 minutes to appeal against any disqualifications. The appeal must be accompanied by £20.00 (or 30 Euros) which is returned only if the appeal is upheld. No further opportunity exists for appeals against disqualification. Individual prizes will be awarded on completion of the race. The official results are published at the Race Office.

l. Rules for Separate Disciplines

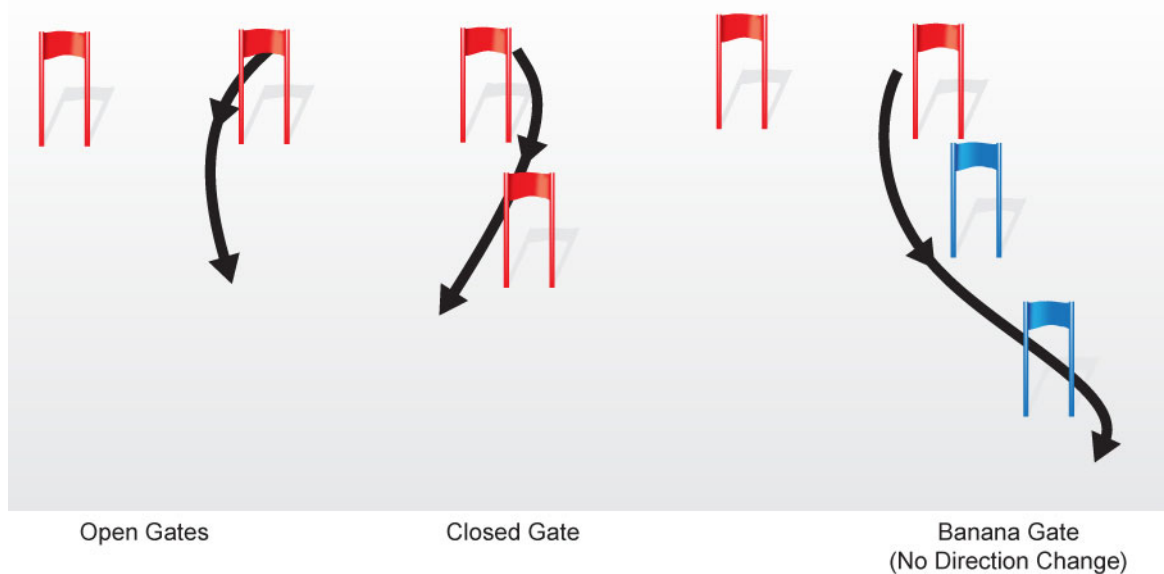
(1) *Slalom.* The Slalom course will be set between 100 and 200 metres vertical drop with 30-65 gates. It is now mandatory to wear a ski safety helmet in Slalom and this must be designed for ski racing and fully clipped up. A slalom gate consists of 2 poles with alternate blue and red gates. Gates are 4-6 metres wide and must be no closer that 750mm. The course is set on a gradient of 20-27 degrees and on as hard snow as possible. The race consists of 2 runs and on different courses for each run. The course will contain open gates, and closed gates in the following configurations:

Fig 1-2. Slalom Gates (1)



(2) *Giant Slalom*. The Giant Slalom course will be set between 200-400 metre vertical drop on undulating terrain. It is now mandatory to wear a ski safety helmet in GS and this must be designed for ski racing and fully clipped up. The number of gates will be between 11%-15% of the vertical drop (ie if the vertical drop is 300m there will be between 33 and 45 gates) and the race consists of 2 runs with a new course set for each run. Gates are between 4-8 metres wide and alternate blue and red. Gates consist of 4 poles, 2 flags and are configured as follows:

Fig 1-3. Slalom Gates (2)



(3) *Super Giant*. (SG) courses are set between 300-600 metres vertical drop and the maximum number of gates is 10% of the vertical drop. Gates are similar to GS gates but 6-8 metres wide and the race is over 1 run only. It is mandatory to wear a ski safety helmet in SG and this must be designed for ski racing and fully clipped up. The regulations for ski length in SG have changed recently and it is strongly recommended that competitors see previous table to check sizes. SG skis need to be long, giving a long edge for safe turns. The Race Committee reserve the right to bar any competitor that they consider could injure himself/herself due to inexperience or use of incorrect equipment in the SG.

m. **Yellow Flag Routine.** In Speed events (SG & Downhill) yellow flags are placed strategically down the hill. In the event of a dangerous obstruction on the course, the yellow flag will be waved and the competitor must stop. Any competitor stopped in this way will be given a re-run. For reasons of safety, WHEN A COMPETITOR IS WAVED DOWN BY A YELLOW FLAG HE/SHE MUST STOP IMMEDIATELY OR BE SUBJECT TO SANCTION.

Note. The Race Committee reserves the right to modify any courses to suit conditions.

n. **Beginners.** The Beginners' course is set similar to that of GS but on gently sloping ground and with an easy race line. The course will be set so that all competitors can compete without great difficulty.

o. **Registration, Insurance and Medical Fitness.** All competitors MUST be registered before racing. All competitors must also be insured for racing and have adequate cover for accident and injury whilst racing. The Medical Fitness of competitors is the responsibility of the individual and no competitor should race if they are not fit. All competitors must sign an Athlete's Declaration form either on line, or in during registration in Venue.