

CHAPTER 3

I

TELEMARK COMPETITION AND RACING RULES

CONTENTS

Para

- 0301. Introduction
- 0302. Individual Racing Categories
- 0303. Telemark Race Rules - General – (Where different from Alpine)

CHAPTER 3

TELEMARK COMPETITION AND RACING RULES

0301. Introduction

Official Telemark racing will be available on the B team slalom and giant slalom courses during the second week. Telemark skiers may participate in selected other races as individuals in that specific race. These will be promulgated on the event program. The race rules are however included in this BR for completeness. All of the safety, administrative and technical race rules appropriate to the Alpine races, detailed above, apply equally to Telemark competitors and races. Only Telemark skiing and organisational differences are detailed below. Any other Telemark specific issues requiring clarification should be addressed to the Telemark Representative who will arbitrate having sought advice from TD/Race Organiser, as required. All the above are subject to TD/Alpine Race Organiser approval who may seek advice from the Telemark Representative.

0302. Individual Racing Categories

Table 3-1. Individual Racing Categories

CATEGORY	INDICATOR	DESCRIPTION
Experienced	E	Non-Novice Telemark competitors.
Novice	N	Competitor with less than 6 weeks Telemark skiing experience unless graded (due to Alpine experience) as Experienced by the Telemark Technical Advisor - or Telemark representative - and therefore deemed capable of competing in the Telemark GS. Note: previous winners of Novice event at RN Alpine Champs graduates to Experienced category.

0303. Telemark Race Rules - General – (Where different from Alpine)

a. **Registration/Briefing.** Telemark Racers/Teams should make themselves known to the Telemark Representative/Race Organiser prior to the appropriate GS 'B'/Slalom 'B' race brief having previously completed pre-race administration/registration. On completion of the appropriate Alpine Race Brief which all Telemark Team Captains and Individuals must attend, there will be a further short Telemark specific briefing conducted by the Telemark Representative/Race Organiser. This will clarify Telemark issues and prior to the first race will consider allowing individuals to ski with unit teams to make up team numbers. Teams are 4 skiers – 3 to count. Individuals will only be allocated to under-manned teams by secret ballot to ensure fairness. Civilian ex-RM/RN and invited Joint Service/Foreign Military Telemark skiers will be allowed to race (subject to correct payment/insurance etc and race organiser approval), however cannot compete for individual/team prizes. The race draw will be conducted by Race administration according to normal procedures once the Telemark Representative/Race Organiser has confirmed team numbers/composition.

b. **Race Equipment/Skiing Rules.** (Where different from Alpine rules at Sections 2 & 3)

- (1) All Telemark skiers must use skis with lifting-heel Telemark bindings.

- (2) Due to the slower speeds associated with Telemark there are no limitations on length/width of ski for any event though skiers are advised to note the guidance above. |
 - (3) There are no limitations on the height of heel raisers.
 - (4) There is no requirement for a quick release Telemark binding.
 - (5) Ski brakes must be used at all times when skiing whether it is racing or organised/non-organised training. These should take the form of ski to boot or ski to ankle straps, any other form of brake should be approved through Telemark Representative/Race Organiser or TD. |
 - (6) Telemark Racers must ski through all the gates appropriate to the course in a Telemark style i.e. the down hill ski tip should be ahead of the uphill ski tip. Racers considered by the Race Organisers/Telemark Representative to have employed Alpine style techniques will be disqualified. |
- c. The Telemark Representative/Race Organiser retain the right to introduce new rules to support safety or TD enforced requirements. These will be briefed at the appropriate Telemark Race Briefing. |