



ALBERTA ALPINE

The Rules of Alpine Ski Racing

What competitors need to know.



1. Inspection – take a look..... a really good look

SL – The course must be in ideal racing conditions from the time the competitor's inspection starts and the competitor's must not be disturbed during the inspection by worker's on the course.

The Jury decides the method of inspection. Competitors must carry their start numbers. They must not ski down the prepared course (race run) or through the gates. They are not permitted to enter the course on foot without skis. (ICR 804.1)

GS – The course will remain closed for training on the day of the race. The gates must be finally set at least 1 hour before the start. Competitors are allowed to study the course after its final setting either by climbing on skis or by slowly skiing alongside the course. The jury decides the method of inspection. Skiing through a gate or practicing turns parallel with those required by gates on the course is forbidden. Competitors must carry their start numbers. (ICR 904)

SG – The competitors are authorized to study the final setting of the course on the day of the race by skiing at the side of the course at low speed, or side slipping through the gates. Competitors must carry their start numbers. (ICR 1004)

- During inspection, DO NOT SKI THE COURSE until it is your turn to race.
- During inspection, DO NOT SHADOW THE COURSE Shadowing the course is when you ski next to it and make turns along the course as if you were racing.
- During inspection, DO NOT SLIP THE COURSE. You may side slip on the side of the course and pull in at critical gates to see how the next gate is set. YOU CANNOT SKI THE COURSE! You must go slowly when previewing the course.
- DO NOT SKI THROUGH THE FINISH LINE AT ANY TIME EXCEPT WHEN YOU ARE ACTUALLY RACING. If you do, you could cause another racer to lose their time and YOU could end-up disqualified. There is no free skiing allowed anywhere on the race hill at any time!

2. The Start – be there on time..... and be alert and ready

SL – As soon as the starter had received the order for the next start, he gives the competitor the warning “ready” and a few seconds later the signal “GO”. The competitor must start with about 10 seconds after this order. (ICR 805.3)

(10 sec) Ready – GO

Start Interval: Irregular

Valid if:

Starts within 10 seconds after the signal GO

Disqualified if:

If not at start within 1 min. of being called, does not leave within 10 sec of start signal

GS & SG – 10 seconds before the start the starter will tell each competitor “10 seconds”

5 seconds before the start the starter will count “5, 4, 3, 2, 1,” and then give the start command “GO”. (ICR 613.4)

10 sec, (pause) 5-4-3-2-1 GO

Start Interval: 60 seconds

Valid if:

Leaves within 5 sec. before or after the signal GO

Disqualified if:

Not ready to start on time, leaves more than 5 sec. before or after start signal

3. Correct passage through a gate – there is right way and a wrong way, a fast way and a slow way

A gate has been passed correctly when both the competitor’s ski tips and both feet have passed across the gate line. If a competitor loses a ski without committing a fault, then the tip of the remaining ski and both feet must have passed the gate line. This rule is also valid when a competitor has to climb back up to a gate. (ICR 661.4.1)

In DH, SG, & GS where a gate consists of two pairs of poles holding gate flags between them the gate line is the imaginary line between the turning pole and the outside pole. (ICR 661.4.1.1)

In SL where a single pole (no outside pole) exists both feet and ski tips must have passed the turning pole on the same side following the natural race line of the slalom. The natural race line is an imaginary line from turning pole to turning pole, which the racer has to cross. If the racer has not correctly passed the natural race line, then he has to climb back up and pass “around” the missed turning pole.

4. Giving information to a competitor – Don’t take a chance..... ask a gate judge / gate keeper

A competitor, in the case of an error or fall, is permitted to ask the gate judge if a fault was committed and the gate judge, if asked, must inform a competitor if he or she has committed a fault that would lead to a disqualification (ICR 663.1)

The competitor is fully responsible for their action and in this respect cannot hold the gate judge responsible. (ICR 663.2)

5. The Finish – How much equipment is enough?

The finish line must be crossed:

- on both skis or
- on one ski or
- with both feet in the case of a fall in the immediate finish area. (Between the last gate and finish line) In this case the time is taken when any part of the competitor's body or equipment stops the timekeeping system. (ICR 615.3)

- When does the clock stop?

- With electronic timing, the time is taken when a competitor crosses the finish line and triggers the beam between the photocells.
- In case of a fall at the finish where the competitor does not come to a full stop, the time can be taken without the competitor's feet having crossed the finish line.
- For the registered time to be valid, the competitor must completely cross the finish line with or without skis. With hand timing the time will be taken when any part of the competitor crosses the finish line. The finish controller / referee determines the correctness or passage across the finish line. (ICR 611.3.1)

6. Reruns – This is critical..... do the right thing.

Prerequisites

Generally, a competitor who is obstructed or interfered with while racing must stop immediately after the incident took place and apply to any member of the Jury for a re-run. This claim can also be made by the team captain of the obstructed competitor. The competitor should make his way to the finish along the side of the run. DO NOT CROSS THE FINISH LINE.

If obstructed – A competitor who is obstructed while racing must stop immediately after the incident took place and apply to a member of the Jury for a re-run. The claim can also be made by the team captain of the obstructed competitor. The competitor should make their way to the finish along the side of the course. (ICR 623.1.1)

(Do not keep skiing the course, and do not cross the finish line)

Grounds for Interference

Generally, incidents beyond the will and control of the competitor, which cause significant loss of speed or a lengthening of the racing line and thereby consequently affect the competitor's time; or a complete malfunction of all timing systems.

Grounds for Interference (ICR 623.2)

- Blocking of the course by an official, a spectator, an animal or other obstruction.
- Blocking of the course by a fallen competitor who did not clear the course soon enough.
- Objects in the course such as a lost ski pole or the ski of a previous competitor.
- Activities of the first aid service which obstruct the racer
- Absence of a gate knocked out by a previous competitor that has not been promptly replaced.
- Other similar incidents beyond the will and control of the competitor, which cause significant loss of speed or a lengthening of the racing line and consequently affect the competitor's time.
- Interruption by an official in a yellow zone.
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Validity of a Re-Run.

Generally, re-runs are provisional until confirmed by the Jury.

If the competitor was already disqualified before the incident entitling him to a re-run, the re-run is not valid.

The provisionally or definitively approved run remains valid even if it proves slower than the obstructed one.

Validity of reruns – In case the referee or another jury member is unable to question the appropriate officials immediately or to judge the justification for the re-run he or she may grant a provisional re-run to avoid delay for the competitor. This re-run will be valid if it is confirmed by the jury.

If the competitor was already disqualified before the incident entitling him or her to a re-run, the re-run is not valid.

The provisional or definitively approved run remains valid even if it proves slower than the obstructed one.

Abandoning course – If a competitor misses a gate or commits a fault, the competitor must no longer continue through the gates.

If I cross the finish line before I correct a fault can I request a rerun?

No, once you cross the finish line the run is considered valid and if a fault was committed prior to crossing the finish line and was not corrected the competitor could be disqualified.

7. Disqualifications – there is a lot to know.

A competitor is disqualified if he: (ICR 629)

- Participates in the race under false pretenses
- Either jeopardizes the security of persons or property or actually causes injury or damage
- Does not pass through a gate correctly (art.61.4) or does not start within the time limits defined in 613.7 (see #2 above)

Where and when are the DSQ lists posted?

Posting information will be discussed at the team captains meeting. Lists are usually posted at the results board following each run.

Who needs to check the list?

Competitors should check the list, but it is ultimately the team captain's responsibility to check the listing and proceed with protests if warranted.

Pay particular attention to your equipment.....

A cracked helmet, broken ski brake, missing pole basket could mean the end of your day.

What should happen if you know you committed a fault that should have disqualified you but you are not on the DSQ list?

Be honest and inform your coach / team captain of the fault and ask to be placed on the DSQ list. Always practice good sportsmanship.

8. Not permitted to start, Penalties – What are they about?

A competitor will not be permitted to start in any competition who: (ICR 627)

- wears obscene names and/or symbols on clothing or behaves in an un-sports-manlike behavior
- violates the rules in regard to equipment
- refuses to undertake a FIS required medical examination (art 221.2)
- Trains on a course closed for competitors
- In training for Downhill has not participated in at least one timed training run
- does not wear a crash helmet that conforms to the Competition Equipment Specs or does not have ski brakes on their skis
- was disqualified (DSQ), did not start (DNS), or did not finish (DNF) in the first run

9. Protests - there is a lot to know.

How much time do you have and what does it cost?

Cost will be communicated on the race notice and at the team captain's meeting prior to the race.

Types of protests (ICR 643)

- Against another competitor or competitor's equipment or against an official because of irregular behavior during the competition:

Within 15 minutes after the last competitor has passed the finish.

- Against disqualification:

Within 15 minutes after the posting of the disqualification

- Against the timekeeping:

Within 15 minutes after the posting of the unofficial result list.

- Against all other decisions of the Jury:

Immediately, Within 15 minutes after the posting of the disqualification

Place of submission

The various protests are to be submitted as follows:

Protests according to ICR 643 at the location on the official notice board or at a place announced at a team captains' meeting.

A jury may only accept a protest if it is based upon physical evidence.

A jury is only permitted to re-evaluate its previous opinions where new evidence exists that relates to the original jury opinion.

All jury decisions are final.

Types of Protests

- Against admittance of competitors or their competition equipment,
- Against the course or its condition,
- Against a competitor or against an official during the race,
- Against disqualifications.
- Against timekeeping,
- Against the decision of the Jury

Protest must be made within 15 minutes after the posting or announcement of the disqualification.

10. Yellow flag – used in SG and DH events (applicable to U14, U16, U18 and U21 only) – know what to do.

What is a Yellow flag used for –

A yellow flag is used to communicate to a competitor that is on course that he or she must stop as there is an obstruction (Racer down / injured etc) ahead.

Competitor obligation –

When a competitor is waived down by a yellow flag he or she must stop immediately

Yellow flag Re-runs –

When a competitor is stopped during a race via a yellow flag he or she has the right to a re-run under the condition that the jury considers this possible from an organizational point of view. The jury should ensure that the competitor's re-run takes place before the last competitor on the start list of the race.

11. Jury members. Who are they? What do they do?

The members of the jury are responsible for technical matters within the closed competition area.

Technical delegate

– TD – Alpine Canada – FIS rep that oversees the competition.

Referee

– A team captain (coach) – appointed at the team captains (coaches) meeting.

The chief of race

– A race organizing committee member that oversees the overall competition operations.

The assistant referee

– A team captain (coach) – appointed at the team captains (coaches) meeting to assist the referee.

The start referee

– A race organizing committee member that oversees the start area operations.

The finish referee

– A race organizing committee member that oversees the finish area operations.

General ski racing rules

- **Ski Helmets** specific to alpine skiing are mandatory for all training and competition, including free skiing.
 - Race helmets must be one piece construction that covers the ears. They will be certified by ski standards for head protection.
 - All helmets will be required to have the CE sticker on them, showing that they are approved helmets. These stickers cannot be removed.
 - The helmet must fit the head snugly with a chin strap that allows at most two fingers spacing between strap and throat.
 - It may not swivel or rock on the users head.
 - You may not wear toques or hats under the helmet to accommodate spacing. Thin helmet liners or thin balaclavas for additional warmth are permitted if proper fit is still achieved.
 - Snowboard type helmets with soft ear pieces or removable sections are not allowed for ski racing.
 - Only ski specific helmets are permitted. No snow mobile, motor cycle, hockey, bicycle, football or any other type of helmet is permitted.
 - Slalom type face guards are not permitted for league racing if they do not accompany a proper helmet.
 - Slalom face guards are recommended for SL only are not permitted for GS, SG or DH. They must be removed for these events.
 - Helmets that have helmet camera mounts, stickers (that possibly cover cracks) or helmet covers will not be allowed to be used at races and training.

- **Speed suits** (downhill suits) are not allowed in the Nancy Greene League unless athletes are registered in the competitive program and meet the specifications mentioned below.

(A downhill suit is considered to be a close fitting item of clothing, one or two pieces, designed to improve aerodynamics.)

U12 provincial (10-11 yrs) Races (Provincial races) – Suits are optional

Invitational Races (U6, U8, U9, U10 & U12) - Suits are optional for the oldest category

- 3 categories: 4-6 yrs (no suits), 7-9 yrs (no suits), 10-11 yrs (yes can wear suits)
- 2 categories: 4-9 yrs (no suits), 10-11 yrs (yes can wear suits)

U12 (4-9 yrs) Races (open to all ages) – Suits are NOT permitted

Race day rules

- A draw will determine the start order of the participating athletes. Girls and boys run separately.
- Racers will inspect the course by slowly side slipping down alongside the course, or through the gates unless otherwise notified by a member of the R.O.C. Time allowed for inspection is usually ½ hour.
- Racers may not ski down the prepared course, through the gates, or practicing turns parallel to the course during inspection.
- Competitors are not permitted to enter a competition course once the inspection time has elapsed and is closed.
- All racers must wear their bibs so they are visible at all times before (during inspection) and during the race.
- All racers must be accompanied by a certified coach / instructor during course inspection.

Rules during the athletes race run(s)

- A racer who has fallen or skied off the course shall be disqualified if she/he fails to give way to an overtaking racer at the first call from a course official, or if she / he interferes with the overtaking racer's run.

Example:

Racer Bib # 1 falls in course, and fails to give way to overtaking racer Bib # 2. Racer Bib #2 must ski out of course at point of interference, and request a rerun.

- A racer may request a re-run if he/she feels that there was interference in the course. The racer must ski off the course, at the point of interference, and report to an official (finish referee) and immediately make a re-run request. If someone or something is on the course which should not be there, such as a spectator, an Official, a broken pole, goggles, a piece of equipment, another racer, etc; it constitutes an interference only if it causes the racer to slow down, to change direction or to miss a gate.

- If the racer does not stop and continues to ski the course and crosses the finish line, he/she will not be eligible for a re-run.

- Re-runs may be requested only by the racer, or his/her coach. No other person, (parents may not intervene), can request a re-run for interference in the course.

- Rerun requests must be made to a member of the Jury. Usually the **finish referee** is the most accessible to the racer and should be the person to request the re-run.

- Other members of the jury include: **Technical Delegate**

Chief of Race

Start Referee

Referee

Gate judges do not have authority to grant re-runs!!!

- Re-runs are granted on a provisional basis, and are subject to the Jury approval to become official.

- A racer who has lost a ski must abandon if they are going to cause interference with the next racer coming down the course. The racer will not receive a re-run in this situation.

- A gate has been passed correctly when both of the competitor's ski tips, and both feet have passed across the gate line.

This rule is also valid when a competitor has to climb back up to a gate.

- If a competitor loses a ski, without committing a fault, (i.e. not by straddling a gate), then the tip of the remaining ski and both feet must have passed the gate line.

- If a gate is displaced both feet and ski tips must pass on the inside of the gates marked position.

- Straddle of a gate is a disqualification.

- A racer is disqualified if he/she accepts help of any form during a race, (i.e. if a racer loses a ski during their race run, and accepts help from a gate judge or spectator to put the ski back on, then the racer will be disqualified) except for verbal directives from the gate judges.

- A racer having made an error or fallen can ask the Gate Judges what his/her status is. The Gate Keeper must then answer clearly and assertively:

"GO"

(If the racer has passed the gate correctly);

Or

"BACK"

(If the racer has committed a disqualification or fault)

- Individual times and results must be posted at the site of the finish area. Race results must be provided to each Team Captain on the same day as the race or event. All results must be provided to Alberta Alpine within 24 hours of the completion of the race or event.

- Races can consist of single run events, two run combined events, “best of” two runs, sprint format, or at the discretion of the host club with approval of Alberta Alpine. The selected format must be posted on the race notice.

- The Team Captain’s Meeting should be on the night before, or the morning of the first day of racing.

- Awards should be within one hour of the end of the race, and should last less than 30 minutes. Award categories are determined by the host club.

Race Notice

For all race levels, a race notice is necessary if competitors from outside the host club participate. This notice can be simple or very formal and detailed for a higher level race.

Preparation of the Race Notice is the responsibility of the Chief of Administration (Race Secretary). It should be distributed at least 3 weeks in advance of the race event.

Descriptions of the different disciplines in ski racing

In all disciplines, the competitor must follow a course defined by pairs of single or double flex poles called “gates”.

A good course allows a racer to combine speed and a wide variety of technical skills and ski technique.

Slalom (SL)

A slalom race is normally held on a fairly short but steep hill.

Racing is mostly down the fall line with a combination of open (horizontal), closed (vertical) gates.

Open gate - the horizontal placement of 2 gates that make up the line that a racer has to cross to avoid disqualification.

X X

Closed gate - the vertical placement of 2 gates that make up the line that a racer has to cross to avoid disqualification.

X

X

The gates are close together (0.75 to 13 meters apart). Considerable turning skills are required by the competitor to safely negotiate the course.

A slalom course must contain two sets of a combination of gates.

These are known as:

a) Vertical combination or flush

b) Hairpin combination,

and may also contain delay gates (Set for direction changes to avoid obstacles and poor snow conditions.)

Hairpin - a vertical combination of no more than 2 closed gates in a row.

The function of a hairpin combination can be to:

- Change the rhythm
- Change the speed.
- Create direction changes
- Avoid obstacles and poor snow conditions.
- Challenge the athlete to anticipate all of the above.

X

X

X

X

X

Can be set across the fall line to control speed

X

Flush - a vertical combination of 3-5 closed gates in a row.

X

The function of a flush can be to:

- Change the rhythm
- Change the speed.
- Create direction changes
- Avoid obstacles and poor snow conditions.
- Challenge the athlete for quickness and agility.

X

X

X

X

X

Most commonly used on flat sections of a course.

Can be set across the fall line to control speed

X

X

Delay Gate - a combination which consists of 2 consecutive turning gates – an open gate and a closed gate - creating one large arc.

The function of a delay gate can be to:

- Change the rhythm
- Change the speed.
- Create direction changes

- Avoid obstacles and poor snow conditions.
- Allow the athlete time and distance to regain balance and line position if they are having difficulty.

X

X

X

X

X

X

Giant Slalom (GS)

This is a race event combining both slalom and downhill characteristics.

The course is longer than SL and shorter than SG and DH.

Turns offer a variety of long, medium and short turns set considerably faster than Slalom but still not approaching the speed of Downhill.

The gates are set further apart than in Slalom but are needed to control the speed as well as to demonstrate the turning skills of the racer.

The gates in Giant Slalom are double-pole gates, as in the Downhill, however with smaller flags and alternating colors between blue and red.

Courses may also contain delay gates (Set for direction changes to avoid obstacles and poor snow conditions.)

Super G (SG)

Super G derives its name from Super Giant Slalom implying that the course is both longer and faster than the regular giant slalom.

Speed in some straighter stretches of the course may equal those of Downhill speed.

The gates are set so they require more turning technical skills than in the Downhill but less than in the Giant Slalom.

The gates in Super G are double-pole gates, as in the Downhill, however with smaller flags and alternating colors between blue and red.

Courses may also contain delay gates (Set for direction changes to avoid obstacles and poor snow conditions.)

Kinder Kombi (KK)

An internationally recognized event for kinder racing that consists of a mixture of standard turns and gates. The event meets developmental needs for this age group, creating a tactical awareness by blending sections of different disciplines (SL & GS) in a flowing, rhythmical, constantly changing pattern.

This race event combining Slalom, Giant Slalom and Super G characteristics was created for the Kinder (K1 & K2) program.

The course should test the skier's ability to react and adapt to an ever changing rhythm and radius, but be designed to allow the competitors smooth transition between the various sections of gates.

The course should flow from SL sections into GS sections using GS flushes, SL flushes, round turns, increasing radius turns, SG turns, tucking sections where applicable.

The entire slope and natural terrain should be utilized and skiing as often as possible across the fall line is recommended. It is not recommended to use vertical combinations for SL flushes.

Gates which impose on competitors too sudden or sharp braking should be avoided. The first few gates and last few gates should lead the skier comfortably.

Downhill (DH)

In this competition, the racer must demonstrate excellent skiing technique, agility, concentration, marked endurance and physical fitness as well as courage at high speed.

The downhill course is the longest in alpine skiing competitions.

The terrain is varied and the gates are set to control and to direct the racer instead of demanding turning techniques. There are no gate combinations and the gates are wide and open to the racing line. Thus, speed is significant and safety measures must be taken to ensure the racer is protected in case of a fall.

Training runs are obligatory before the competition.

Start order for the 2nd runs

This will vary from race to race, but typically in a competition with two runs, the starting order for the second run is determined by the result list of the first run except for the first 30 places.

For the first 30 places the starting order is as follows:

- The 30th in the result list starts 1st
- The 29th in the result list starts 2nd
- The 28th in the result list starts 3rd
- The 1st in the result list starts 30th

The remainder of the field from 30th on then run according to the order of the result list of the first run. If more than one competitor is ranked 30th, the competitor with the lowest start number will start first.

Sprint Race format

Typically races are 2 run races – AM run and PM run. They can be two separate races or the 2 runs can be combined to calculate results.

Some cases races are **dual format**. - Two exact courses set side by side that 2 racers compete against each other. Most cases the racers runs will be timed and does not matter if they win the dual or not. Some cases the athletes are not paired with equal ability. Duals are usually to provide as many race runs as possible in as short of time as possible.

Some races are single run races

Some cases you will see “Sprint Format”

Sprint format = (4 runs, best of 2 AM& best of 2PM to calculate results).

- Two subsequent DNF’s in each set of runs disqualifies the competitor.
- Start order for sprint format is determined as follows: Can vary slightly depending of the organizing committee decision.

Run 1 - Random draw of competitors within categories.

Run 2 - Run 1 start order, but start in the middle and run to the end and then start with #1 to the middle

Run 3 - Invert Run 1

Run 4 - Run 3 start order, but start in the middle and run to #1 and then start with the last bib and run to the middle

Teardown following races.

Following the race there is still one more step and that is to get the mountain cleaned up and ready for the usual hordes of skiers. As quickly as possible, the flex poles (gates) are brought to the bottom. Fences are taken down, Willy bags are collected and the trail is open to the public once again.

At the Coaches Meeting the subject of Tear Down should be discussed, and if the racers and coaches are expected to participate. Teams should be assigned areas of the course to take apart, or special tasks such as transporting fencing, equipment etc. is assigned. Be sure everyone knows where the equipment is to be deposited, so it may then be transported further to long term storage containers or location(s).

If the racers are not to participate, then the course workers, gate judges, security personnel and others involved with running the race must do this work and be suitably informed of this responsibility early in the process and again on the morning of the event itself.

Abbreviations and terminology

DSQ	- Disqualify - a competitor error (e.g. missed gate) that has been observed and recorded.
DNS	- Did Not Start - term indicating an entered/drawn competitor did not start his/her run.
DNF	- Did Not Finish - term indicating a competitor who started a run but did not complete his/her run.
ROC	- Race Organizing Committee
SL	- Slalom race
GS	- Giant Slalom race
SG	- Super Giant Slalom race
TD	- Technical Delegate

Jury Inspection	- inspection by the competition jury for the safety and technical aspects of a race course prior to opening of the course to the athletes for their inspection. Are safe, legal, fair, consistent
Seed Points	- a numerical indication (usually lower means better) of a racers relative rank in a discipline, a.k.a. National points and FIS points
Race Points	- a numerical indication of a racer's finishing position as function of the difference between the racer's time and that of the winner
Yellow Flag	- a safety warning flag that is used to inform and stop a racer that is on course in case of an emergency. If a racer observes such a flag they are to come to a complete stop, and wait for instructions from the person holding the flag. The racer will receive a re-run.
Fall Line	- the most direct line down a slope
Turning gate	- the gate that creates the turn.
Outside gate	- The partner gate to the turning gate which marks the line the racer must cross with both feet. - Sometimes referred to as the "dummy gate" as it can be confused as a turning gate in vertical combinations.

Basic Race Orientation

What is a DSQ?

DSQ stands for "disqualified" and it means your race run does not count. If you miss a gate and continue to the finish, miss your start time, or break any of the other rules of the event, or the ski area, you can be disqualified.

Your coach can protest your disqualification if he or she thinks it is unfair. The decision is made by race officials who act as a jury (4 people, or less, depending on the type of event).

What is a DNF?

A DNF means "did not finish." When this is posted on a timing board, after the first run in a technical event (SL or GS), it means you did not cross the finish line and you cannot take your second run.

What is a DNS?

A DNS stands for "did not start."

What is a "seed"?

The start order is broken up into groups of 15 athletes (plus ties) according to their national points. The top 15 athletes in the race (or sometimes 30 with FIS athletes) are subject to a random draw for their first run start. Racers without points (first year K1s) are also randomly drawn for start position.

Sometimes, at speed events, a snow seed is drawn from 20% of the racers at the end of the start list. This is to make a better track for the first racers. Each seed is given a number: first seed, second seed, third seed, etc.

What is the "reverse-30"?

After the first run of a technical event, the top 30 finishers will start the second run in reverse order. If you came 30th, then you need to be ready to start 1st. In the case of ties, the athlete with the higher start number gets to start first.

What is a provisional rerun?

If there is any controversy over whether you have followed the rules of the race, or if, for some reason, you did not get a time, you are sometimes allowed another race run which will count, temporarily, until the jury has time to consider your case. If the jury decides in your favor, then your overall placing that day will stand. The decision of the jury is usually made at the end of the race day.

If you DNF on your re-run you will not be granted another re-run (unless your DNF was caused by some extenuating circumstance).

What is necessary for correct passage through a gate?

Both feet need to pass on the correct side of a gate. An imaginary line is drawn between the turning gate and outside gate, and both the racer's feet must cross this line. If you are unsure of how this works then discuss it with one of your coaches during an on hill gate training session.

What should you do if you miss a gate?

In a technical event, if you do not cross this imaginary line then it is very important that you stop as quickly as possible. Hike back up on either side of the gate (the shortest distance possible) and cross between the turning and outside gate.

You can cross this line whether moving up the hill or down, just as long as **BOTH feet** cross it.

Only the gatekeeper in charge of that particular gate can give you confirmation of whether you are clear to go. Be sure not to listen to coaches or parents, as it is the gatekeeper who has final say.

What should you do if a gate is missing?

You need to make a turn where you think the pole was, or around the dye marker in the snow. If you do not, you will be DSQ. This is the best option if you are having a good run.

If you are having a bad run, or feel that the missing gate has seriously disrupted your run, you can also stop immediately; notify the nearest gate judge you are going to request a re-run; and ski down the side of the course.

At the finish, speak with the finish referee (or any member of the jury—the TD, Chief of race, or referee) and request a re-run. Keep in mind there is the possibility that you will not be given permission, especially if you are running towards the end of the race.

If you are given permission for a re-run then head back up to the start and notify your coach that you have been granted a re-run. Take a deep breath and place yourself in line where ever you would like to be. There is no need to be rushed into the start as you are allowed to take as much time as you like to get ready.

What should you do if you are interfered with while on the course, or your vision is obstructed?

If you are suddenly confused by the interference, you should stop immediately and follow the same steps listed in above. This does not include confusion of the course itself, so if anything during inspection seems strange then talk to your coach so that you know exactly where you need to ski; i.e.- the exits of a combination in slalom.

What should you do if you catch the person that started before you?

If you feel the racer in front of you has caused you to go slower, you should follow the steps listed above.

Who do you need to talk to for a rerun?

You can talk to any member of the jury, but its best to look for the finish referee. When you arrive back at the start, notify your coach and the start referee and tell them at what point in the remaining start order you would like to go.

What should you do if some part of your equipment malfunctions right before you start (e.g., a broken boot buckle or fogged goggles)?

Notify your coach, if he or she is there, or the start referee, and find out if you can start later, out of order, or if you can get a "hold" on course. Other than this, remember the time count you have after the word "go" and try to repair your equipment before then.

Being on time (preferably early) for your run, as well as being organized and ready, will limit the possibility of this happening. Try not to goof around in the start as this often causes the broken equipment and fogged goggles.

What should you do if you lose your pole in the start?

Leave your pole behind and keep going.

What should you do if you arrive at the start and realize you forgot your bib in the lodge?

Notify your coach and/or the start referee, as soon as possible, and they will give you a new one.

What should you do if you arrive late at the start?

Ask your coach, or the start referee, if you can have a provisional re-run. (You need to try to calculate how much time you need to make it to the start. GS races are run at a minimum of 30- second intervals). Most importantly be on time, as the provisional re-run could be denied.

What can you do if the lift breaks down and you are late for your start?

If the lift was stopped for a long time, you should get a re-run. Otherwise, you need to factor in short lift stoppages in the time you give yourself to get to the start. You may ask for a re-run, but you will probably be DSQ.

What equipment is necessary to cross the finish within the race rules?

You must have at least one ski, or if you fall right near the finish, you can go through with no equipment—so don't hike up to collect any more equipment than you need to.