



# OSZ-NCD SERIES HANDBOOK 2011-2012 *2<sup>nd</sup> Edition*



*The locations of revisions included in the 2nd edition are listed on page 2!*

*See what's new on page 1!*

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## NEW THIS YEAR!

Welcome to the 2011-12 OSZ-NCD racing season!

### Program Changes

These are the important changes in the race programs that everyone should know about:

**Introduction 2 (I2):** The race format for the I2 Series has been changed. Instead of two races/four runs at each event, there will be one two-run race with the start order in the second run determined by the first run results. The race, which will be held in the morning, will be followed by a skills development event. I2 coordinators and coaches will plan the skills events and details about them will be included in race notices. The events will not be competitive, but participation will be mandatory (see page 14-14). The changes reflect the recommendations and suggestions made by coaches from all clubs.

**Juniors:** The junior's program is being modified to accommodate the athletes' strong interest in Québec's Circuit junior provincial (CJP). This year, three Junior events will be held: The Art Tommy Memorial, a Friday Night Slalom and the Spring Championship weekend. In addition, Juniors will be welcome at K2 events.

### K2 News

First, the Québec championships – the Critérium Intersport – will be held at Mont Ste Marie on February 23-27, 2012. On the national front, there will no longer be a K2 Canadian Championship. The national event will be replaced by an Eastern and a Western K2 Can-Am event. The Eastern Can-Am will involve K2 athletes from Ontario, Quebec, the Canada District East and Eastern USA. The Can-Am K2 events will be held in Canada one year and in the USA the next. This year the **Eastern Can-Am** will be held at Mt. Tremblant, on March 22-26, 2012. Also, the Taschereau Cup event will undergo changes. Beginning this season, the race eligibility rules will be revised and the event integrated with the Can-Am series. As a result, the OSZ and NCD will no longer be selecting athletes to compete in the Taschereau Cup.

### Introducing SX

This year, Ski Cross (SX) camps and development events are being introduced as part of the K1 and K2 programs locally. In addition, the Québec K1 and K2 championship events will include a SX run. These events will be run on SX course, but will be limited to individual time trials: they will not involve the head-to-head four racer elimination rounds. For more information, check out page 33 of this Handbook.

## LOOKING AHEAD!

No doubt there will be more changes for the 2012-13 season as a result of our experience over the next several months, but the most significant change has already been decided - FIS have announced that the entry age for FIS competitions will be increased from 15 to 16 years. The change, which is being introduced worldwide, is intended to allow athletes to mature physically

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and mentally before to entering the FIS category where the demands are higher; the courses longer and faster and the schedule more demanding. The table on the next page shows the ages for the program groups this year and coming years:

Group	Year of Birth (Age)		
	2011-12 Season	2012-13 Season	2013-14 Season and after
J2	1992-1993-1994 (17-18-19)	1992-1993-1994 (18-19-20)	1993-1994-1995 (18-19-20)
J1	1995-1996 (15-16)	1995-1996 (16-17)	1996-1997 (16-17)
K2	1997-1998 (13-14)	1997-1998 (14-15)	1998-1999 (14-15)
K1	1999-2000 (11-12)	1999-2000 (12-13)	2000-2001 (12-13)
I2	2001-2002 (9-10)	2001-2002 (10-11)	2002-2003 (10-11)
I1	2003 and after (8 & younger)	2003 and after (9 & younger)	2004 and after (9 & younger)

Please note that during the transition period, athletes will remain in the same race category for three (3) years. The full impact of the new age limits are being examined nationally, provincially and locally and will undoubtedly lead to some modifications in development programs and race planning. **Stay tuned!**

### 2<sup>nd</sup> Edition Revisions!

The Handbook has been revised since it was released in early November 2011 to clarify some points and add information about NCD awards, Ski Cross and single pole slalom and single gate GS. The revisions are **highlighted in yellow** and appear on the following pages: 1, 19, 22, 23, 31, 32, 33, 35, and 43.

## 1 Introduction

Alpine ski racing is an exciting and challenging sport. At its pinnacle are the international stars of World Cup and Olympic events. At its base are hundreds of local clubs and thousands of young skiers from whose ranks will come the World Cup stars of the future. As a racer, parent, coach, official or volunteer you are part of an international network devoted to athletic excellence and to helping racers of all ages and skill level – five-year-old beginners and World Cup champions alike – achieve their best, and to have fun doing it.

### 1.1 THE MANUAL

This manual had been prepared for the racers, parents, coaches, officials and volunteers that participate in the NCD-OSZ Alpine Series and Championships. It is both a source of information about alpine ski racing generally, and a source of guidance about the rules that are applied in the NCD-OSZ Alpine Series and Championships.

We hope that the manual will be helpful to you and would welcome your comments and suggestions about ways to improve it. Please send your comments or suggestions to [jcoflin@ca.inter.net](mailto:jcoflin@ca.inter.net), including the word ‘manual’ in the subject line.

### 1.2 ALPINE SKI RACING ORGANIZATIONS

#### 1.2.1 Fédération Internationale de Ski (FIS)

At the international level, FIS governs alpine racing. It sets the basic rules and standards for competitive racing throughout the world and its publication, the *International Ski Competition Rules* (ICRs), is the bible for officials who organize and run races everywhere, including the Outaouais and National Capital Division. A copy of the ICRs and other information about racing, the World Cup circuit and other international alpine racing events and standings is available on the FIS Website: [www.fis-ski.com](http://www.fis-ski.com). (To find the ICRs, precisions (ICR up-dates) and other alpine racing rules and standards, click on “Rules and Publications,” then “Alpine Skiing”

#### 1.2.2 Alpine Canada Alpin (ACA)

ACA, headquartered in Calgary, oversees all aspects of alpine racing in Canada. It is best known as the organization responsible for the Canadian teams competing in World Cup and Olympic events, but it also administers such things as the insurance plans and national points programs that are part of the services offered to local racers and clubs.

ACA also establishes Canadian rules and standards that are published in periodic “domestic memos” and other policy statements. The ACA Website is located at <http://alpinecanada.org/>.

#### 1.2.3 Ski-Québec Alpin (SQA)

The SQA is responsible for the promotion and administration of competitive alpine skiing in Québec and is responsible for the Québec Ski Team. Its services and programs include ongoing coaches’ training and development, representation of the interests of Quebec racers and clubs at the national level, the coordination of regional, national and FIS races, the Championnat junior provincial circuit and provincial championship events.

The SQA rules and criteria for the events it sponsors are available at its Website, [www.skiquebec.qc.ca](http://www.skiquebec.qc.ca), under “Publications,” then “Manuel de references.”

The SQA is made up of 65 clubs in nine zones: Abitibi; Cote-Nord; Estrie; Est du Québec; Laurentienne; Maurice; Outaouais, Saglac; and Skibec.

### 1.2.4 Alpine Ontario Alpin (AOA)

AOA is the provincial governing body for the sport of alpine ski racing in Ontario. It brings together 55 clubs in four divisions: Alpine Ontario South; North Ontario Division; National Capital Division; and Lake Superior Alpine Division. It coordinates coaching and officials training, racer development and other programs across the province. It also manages the Ontario Alpine Provincial Ski Team (OAST).

For more information about AOA, visit its website at [www.alpineontario.ca](http://www.alpineontario.ca).

### 1.2.5 National Capital Division (NCD)

The NCD is the Alpine Ontario organization responsible for licensed alpine ski racing for racers based at Camp Fortune and ski areas in the Ottawa Valley. Its racing programs range from non-competitive racing for 7 year olds to sending competitors to the Canadian National Alpine Championships.

The member clubs of the NCD are:

- Calabogie Peaks Ski Club (CALAB)
- Camp Fortune Ski Club (FORTU)
- Upper Ottawa Valley (UOV)

The NCD's mission statement is:

- The National Capital Division of Alpine Ontario is a regional sports organization that coordinates, organizes, promotes and supports all levels of amateur ski racing on behalf of all NCD clubs.
- The NCD provides the guidance that results in an environment that will:
  - Encourage broad based participation.
  - Encourage personal growth and develop individual potential.
  - Encourage athlete's progression from Club to Division to Provincial teams.
  - Provide the highest quality programs at the lowest possible cost to athletes.

The NCD Website is located at <http://ncd.ca/>

### 1.2.6 Outaouais Ski Zone (OSZ)

The OSZ is the SQA regional organization for the Outaouais clubs. All members of the clubs and the parents of registered racers are automatically members of the Zone. The organization is governed by an executive committee comprised of president and four executive officers, who are elected annually, and one representative from each club.

The clubs of the Outaouais Ski Zone are:

- Académie Sainte Marie (ASM)
- Edelweiss (EDEL)
- La Descente (DESC)

- Mont Cascades (CASCA)
- Mont Ste. Marie (MSM)
- Vorlage (VORLA)

The Zone's mission is to provide alpine ski racers of all levels of ability with opportunities to fully develop their potential.

The Zone's values:

- We believe in the educational value of competition as a means of acquiring life skills.
- We believe in the enjoyment of skiing through fun and competition in a team format.
- We support the aspirations of our most talented and ambitious skiers who make it to the top echelons of ski racing.
- We consider safety of prime importance in the conduct of programs and races.
- We respect the diversity of racers, including their age, level of ability, and first official language.
- We believe in making ski racing accessible through timely information and cost-effective programs.

The OSZ coordinates a Nancy Greene League and organizes Outaouais teams that participate in Québec-wide I2, K1 and K2 competitions, including Provincial Championships, Festivals, the Taschereau Cup and Classique Val d'Irene.

The Zone Website provides up-to-date information about race schedules, results, and others matters of interest to parents and racers: [www.skioutaouais.qc.ca](http://www.skioutaouais.qc.ca).

### 1.3 NATIONAL CAPITAL - OUTAOUAIS PROGRAMS

The OSZ and the NCD are jointly responsible for the race rules, schedules and coordination of events for I2, K1, K2 and Junior race programs in the Outaouais and National Capital regions. The two organizations also jointly manage the National Capital-Outaouais (NCO) Ski Team.

### 1.4 ATHLETE DEVELOPMENT

#### 1.4.1 AIM 2 WIN

In 1999, Alpine Canada Alpin (ACA) produced the Alpine Integration Model (AIM), in conjunction with the High Performance Advisory Committee (HPAC) and the Canadian Ski Coaches Federation. AIM was created on principles of Long Term Athlete Development (LTAD).

The latest LTSD guide for Alpine Ski racing is called AIM2WIN. It is a resource for coaches, managers, administrators, parents, teachers and volunteers who play a role in the development of young ski racers.

The goal of Alpine Canada Alpin is to ensure that any child entering the alpine ski racing system is given every opportunity to develop the necessary building blocks to reach the highest levels of the sport. Although the primary objective of AIM 2 WIN is to produce greater numbers of ski racers capable of achieving at the highest level, it also provides a platform for clubs and coaches to encourage and support participants at every level to fulfill their potential and maintain lifelong involvement in the sport of alpine skiing.

**More Information:** Parents, coaches, program coordinators and others interested in athlete development are encouraged to visit the [ACA website](#) and look for information on AIM 2 WIN under the heading “National Programs” and “Development.”

### 1.4.2 Snow Stars

The Snow Stars development program was developed by ACA, in partnership with the provincial ski associations, and the Canadian Ski Coaches’ Federation (CSCF) as a tool to strengthen the grassroots programs in Canada. It is designed to guide children, parents and coaches through the appropriate skill progression. Its goal is to develop new skiers in a fun and rewarding environment.

The Snow Stars program contains seven (7) levels that are based on the physical, mental, technical, emotional and cognitive development of children. Each level reflects a different point in athlete development.

Each level is a guide for the coach to design a training plan that ensures competency in fundamental motor skills and fundamental ski sport skills.

1. The Controlled Skier
2. The Parallel Skier
3. The Mobile Skier
4. The Dynamic Skier
5. The Refined Skier
6. The Versatile Skier
7. The Ski Racer



Each level is divided into skill components. The skill components in this program create a foundation necessary to commence the development of the complete athletic skier and ski racer.

**Structure:** Clubs that implement Snow Stars assign a certified ski coach to the Snow Stars participants for the ski season. The coach will teach skills through active, guided play and will support "show" and "do" activities. Children will be given the time to "perceive" the skill, then more time to "pattern" the task.

**Benefits of the Snow Stars Program:** The Snow Star program is designed to provide children with strong life-long skiing skills. In addition, the children will learn:

- Ski safety
- Cooperation
- Independence
- Listening skills
- Self-confidence
- Goal-setting
- Group/peer learning
- Task-focused activities

**More Information:** The Husky Snow Stars package includes a Coaches’ and Parents’ manual, stickers and a certificate for each level achieved, and a booklet with space for a record of all the participants’ progress year to year. For further information, visit the [program’s website](#).

## 1.5 COACHING

Coaching is a crucial part of any ski racing and athlete development program. Most clubs require that their coaches have Canadian Ski Coaches Federation (CSCF) / La Fédération des

entraîneurs de ski du Canada (FESC) certification. The federation is a national organization that provides guidance, training and certification for ski racing coaches.

The structure and content of the Federations training and certification program is aligned with the *A/M* development plan:

- Level 1 – The Entry Level program is an introduction to entry level coaching for children ages 12 and under. Focus is on the "FUN-damentals" stage of development in the alpine long-term athlete development model.
- Level 2 – The Development Level program is focused at developing skills and competencies for coaching athletes in the "train to train" stage of development in the alpine long-term skier development model.
- Level 3 – The Performance Level program is focused at developing skills and competencies for coaching athletes in the "train to compete" stage of development in the alpine long-term skier development model.
- Level 4 – This level of coaches' training prepares individuals to serve as program directors or national elite coaches. The program is usually completed over 2-5 years.

**More Information:** For details about CSCF programs, coaching qualifications, training and certification standards, Code of Conduct and related information go to the [CSCF/FESC Website](#).

### 1.6 CODES OF CONDUCT

Alpine racing is an exciting and highly competitive sport. It is important for everyone involved to remember that fair play and mutual respect are essential parts of any competition. In recognition of this, the Outaouais Ski Zone and National Capital Division invite racers, parents, coaches and officials to adopt these, or a similar set of rules, as your personal code.

#### 1.6.1 Racers

- I will participate in training and races because I want to, not because my parents or coaches want me to.
- I will respect the rules.
- I will control my temper and remember that my bad behaviour can spoil things for everybody.
- I will respect my teammates and racers from other clubs.
- I will remember that winning is important, but not as important as improving my skills, doing my best and being a good friend.
- I will acknowledge all good performances – those of my team and of racers from other areas.
- I will respect the coaches and officials and accept their decisions.
- I will remember that as a member of my race team I should set an example of safe and responsible skiing and always respect the other skiers and the centre staff.

**Note:** Many race teams and race events require that athletes make a commitment to a code of ethical behaviour. For example, athletes who register to race in the SQA *Circuit Provincial Junior* must sign a form to indicate their acceptance of the Circuit's behaviour standards. (See <http://www.skiquebec.qc.ca/page/117-code-sqa>).

### 1.6.2 Coaches

- I will be reasonable in my expectations of young athletes, remembering that they have other interests and responsibilities.
- I will teach, by word and example, respect for the rules, officials and others.
- I will ensure that all the athletes get equal support and instruction.
- I will not ridicule or inappropriately yell at an athlete for making a mistake or not succeeding in competition, always remembering the strong influence I can have on the self-confidence of young athletes.
- I will ensure that the safety of the athletes is always considered in practice and competition.
- I will remember that children and their parents need a coach that they can respect.
- I will acknowledge and praise honest individual effort and personal achievement, not only success in competitions.
- I will continue to upgrade my skills as a coach of young athletes.

**Note:** The Canadian Ski Coaches Federation (CSCF) has established codes of Ethics and Conduct for coaches. Information about the CSCF codes is published on the organization's website: [www.snowpro.com/cscf](http://www.snowpro.com/cscf)

### 1.6.3 Parents

- I will not force my child to participate in sports.
- I will remember that my child races for his or her enjoyment, not my own.
- I will encourage my child to respect the rules and to resolve conflicts without resorting to anger, "mouthing off," or violence.
- I will help my child to be a winner everyday by offering praise for doing his or her best and competing hard with a positive attitude.
- I will not ridicule or yell at my child for making a mistake or losing in competition.
- I will not question the judgment of officials in a manner that is disrespectful.
- I will support all efforts to prevent emotional and physical abuse of young athletes.
- By my good example, I will help my child to respect for other racers, coaches, officials and ski centre staff.

### 1.6.4 Officials

Alpine Canada Alpin has adopted a formal Officials Code of Conduct. The Code, which is published under the "Officials" section of the ACA website, states:

- Alpine Ski Officials must demonstrate high standards of judgment and competency as they represent Alpine Canada Alpin and their PSO's at all times. The hallmarks of good Officials are promptness, firmness and justice, tempered by tact and consideration.
- Officials must be impartial and must supervise and control an event in a manner that reflects the spirit and intent of the rules and regulations. They will provide a competition that will preserve the health and safety of all involved. They will do their utmost to guarantee that each competitor receives an equal and fair opportunity to win. They will promote sportsmanship and an atmosphere of enjoyment.
- Officials must maintain high standards of moral and ethical conduct that includes self-controlled responsible behaviour, consideration for others' physical and emotional well-being, courtesy and good manners.

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- Officials must abstain from the use of illegal drugs and from consumption of alcohol while in the performance of their duties as a representative of ACA and their PSO.
- Officials must refrain from the use of profane, insulting, harassing or otherwise offensive language in the conduct of his/her duties.
- Officials should both teach and learn with every assignment. Officials shall exhibit and promote respect, understanding and compassion towards hosts, competitors, coaches and volunteers no matter where they are on the learning curve.
- Officials must not engage in “on” nor “off” the record criticism of race organizations, competitors, coaches and volunteers to the public including to other Alpine skiing organizations. In giving event feedback to race organization, competitors, coaches and volunteers,
- Officials must make suggestions that are constructive, founded and relevant to the improvement of ski racing.

## 2 NCD-OSZ Racing Programs

### 2.1 NANCY GREENE<sup>1</sup>

*A child must learn to walk before learning to run. Skiing skill development must follow the same sequence, with basic skiing technique being mastered, allowing young skiers to master steeper slopes and more difficult snow conditions, before serious ski racing begins. The challenge of speed, the essence of ski racing, must come in a “run for fun,” not “run to win” situation. Formal competition too early in the development of skills may stifle a child’s natural delight in racing before they can develop their full potential.*

Nancy Greene Raines

The Nancy Greene League is an entry-level program designed to develop basic skills and self-confidence. The development approach emphasizes participation in games and exercises that are fun. Because a highly competitive program will hinder skills development for younger skiers, individual competition has been given a low profile in Nancy Greene. Instead, the emphasis is on participation in a team effort where everyone has contributes to the results.

A skills awards program is available as part of Nancy Greene training. There are eight levels of achievement and pins in recognition of each level. The program emphasizes skill development designed to allow an individual to enjoy the sport of skiing for life and, if they are interested, to have the confidence to move to more competitive racing. It is not necessary for a club to follow the awards program; however, it has proven very successful.

#### 2.1.1 Teams

The Nancy Greene program emphasizes team participation. Individual’s results are not posted or distributed as is done in other programs. Teams are made up of all the racers from a club participating in a race event. Inequities in numbers are minimized by the start order and scoring criteria.

#### 2.1.2 Eligibility

The Nancy Greene program is open to any child 13 years old or younger on December 31 of the current race season. All Nancy Greene team members who participate in races sanctioned by the OSZ must be registered through their clubs for AOA or SQA regional membership.

#### 2.1.3 Equipment Standards

Racers who are not properly equipped will not be permitted to start a race. Parents and racers are encouraged to discuss equipment selection with the racer’s coach to ensure that athlete has the appropriate items:

- **Skis:** There are no restrictions regarding ski length and radius for NCD-OSZ events. The racer’s physical development, ability and skills must be considered in selecting appropriate and safe equipment. Parents and racers may want to discuss equipment selection with the racer’s coach.

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<sup>1</sup> While most OSZ and NCD clubs offer Nancy Greene programs, some offer in-house racing only and do not participate in the race series. Please contact your club for information about its program.

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- **Helmets:** At all events, competitors must wear full hard-shell helmets specifically designed and manufactured for the particular event.
- **Ski Suit:** No competition suits are permitted. Racers must wear full ski suits.

### 2.1.4 Race Format

Nancy Greene races are held on GS-style courses, except that one event may be an ability race. Each of the clubs that have a Nancy Greene team sponsors a race during the season.

Each race will be either 3 or 4 runs, depending on registered numbers scheduled over the day at the decision of the race organizers. The exception is the ability race, when either two or three runs will follow a training run. The number of timed runs for the ability race is determined by the Jury at the coaches meeting on race day.

### 2.1.5 Start Order

The start order is based clubs, then on the racer's year of birth from youngest to oldest, regardless of gender. In the first run, the first club's youngest racers start first.

For the second run, the third club in the first run starts at the beginning. In the third run, the first run start order for each group is inverted, so that the last club in the start order is first and, within each club, the oldest racers go first. For the fourth run, the second club in the 1<sup>st</sup> run start order starts and, again, within each club, the oldest racers go first. (See example below).

#### SAMPLE BACHLADA START LIST GIRLS ~ SLALOM

RUN 1			RUN 2		
Bib	Competitor	Club	Bib	Competitor	Club
1	ROSE April	MARIE	11	TURCOTTE Jeanne	VORLA
2	ELIOT Carol	MARIE	12	LEBLANC Nicole	VORLA
3	BUSH Allexa	MARIE	13	MASSEY Michelle	VORLA
4	MCMDONALD Brenda	MARIE	14	PEDERSON Katie	VORLA
5	KELLSY Anne	MARIE	15	BEAULIEU Anne	VORLA
6	SMITH Susan	DESC	16	CHESTER June	EDEL
7	BROWN Cathy	DESC	17	GREEN Betty	EDEL
8	CAMPBELL Cindy	DESC	18	WHITESIDE Tiffany	EDEL
9	PATRON Kelly	DESC	19	LAFERME Madelaine	EDEL
10	ALEXANDER Suzette	DESC	20	SMYTHE Glenda	EDEL
11	TURCOTTE Jeanne	VORLA	21	BEATON Lucy	EDEL
12	LEBLANC Nicole	VORLA	1	ROSE April	MARIE
13	MASSEY Michelle	VORLA	2	ELIOT Carol	MARIE
14	PEDERSON Katie	VORLA	3	BUSH Allexa	MARIE
15	BEAULIEU Anne	VORLA	4	MCMDONALD Brenda	MARIE
16	CHESTER June	EDEL	5	KELLSY Anne	MARIE
17	GREEN Betty	EDEL	6	SMITH Susan	DESC
18	WHITESIDE Tiffany	EDEL	7	BROWN Cathy	DESC
19	LAFERME Madelaine	EDEL	8	CAMPBELL Cindy	DESC
20	SMYTHE Glenda	EDEL	9	PATRON Kelly	DESC
21	BEATON Lucy	EDEL	10	ALEXANDER Suzette	DESC

## SAMPLE BACHLADA START LIST GIRLS ~ SLALOM

RUN 3			RUN 4		
Bib	Competitor	Club	Bib	Competitor	Club
21	BEATON Lucy	EDEL	10	ALEXANDER Suzette	DESC
20	SMYTHE Glenda	EDEL	9	PATRON Kelly	DESC
19	LAFERME Madelaine	EDEL	8	CAMPBELL Cindy	DESC
18	WHITESIDE Tiffany	EDEL	7	BROWN Cathy	DESC
17	GREEN Betty	EDEL	6	SMITH Susan	DESC
16	CHESTER June	EDEL	5	KELLSY Anne	MARIE
15	BEAULIEU Anne	VORLA	4	MCMDONALD Brenda	MARIE
14	PEDERSON Katie	VORLA	3	BUSH Allexa	MARIE
13	MASSEY Michelle	VORLA	2	ELIOT Carol	MARIE
12	LEBLANC Nicole	VORLA	1	ROSE April	MARIE
11	TURCOTTE Jeanne	VORLA	21	BEATON Lucy	EDEL
10	ALEXANDER Suzette	DESC	20	SMYTHE Glenda	EDEL
9	PATRON Kelly	DESC	19	LAFERME Madelaine	EDEL
8	CAMPBELL Cindy	DESC	18	WHITESIDE Tiffany	EDEL
7	BROWN Cathy	DESC	17	GREEN Betty	EDEL
6	SMITH Susan	DESC	16	CHESTER June	EDEL
5	KELLSY Anne	MARIE	15	BEAULIEU Anne	VORLA
4	MCMDONALD Brenda	MARIE	14	PEDERSON Katie	VORLA
3	BUSH Allexa	MARIE	13	MASSEY Michelle	VORLA
2	ELIOT Carol	MARIE	12	LEBLANC Nicole	VORLA
1	ROSE April	MARIE	11	TURCOTTE Jeanne	VORLA

### 2.1.1 Race Fee

The entry fee for each race is \$30.00 per competitor payable to the host club the morning of the race. The entry fee covers the cost of the athlete's lift ticket.

### 2.1.2 Safety

The safety of competitors, officials, and spectators is of paramount importance. At each race, the Jury is charged with the responsibility of taking all reasonable steps to ensure that safety and, to that end, has the authority to cancel, postpone or annul a run or the race if necessary.

### 2.1.3 Course Tear Down

**All competitors and coaches** are required to report to the start area after the last run of the day to assist with course tear down - failure to so may result in sanctions for both competitors and coaches.

### 2.1.4 Race Results

At each race, medals are awarded to clubs based on the total times for a predetermined number of racers from each team roster. The team with the lowest total time wins the gold medal; the team with the second lowest is awarded silver and so on.

The team rosters are composed of athletes that compete at each event of the series. The OSZ Nancy Greene Coordinator will determine the number of racers used in scoring a race once registration numbers are submitted.

### 2.1.5 Series Results

Points determine standings in the overall team competition for the year. At each race, teams are awarded points: 25 points for first place, 20 for second, 15 for third, 10 for fourth, and 5 for fifth place.

### 2.1.6 Special Events

- The **Julie Thompson Memorial Invitational** race, hosted by Vorlage, will be run following the season. The event is open to teams from both the Outaouais and National Capital Division.
- The **Fortune Invitational**, hosted by Camp Fortune, will be run at the end of the season. It is open to teams from both the Outaouais Ski Zone and the National Capital Division.

### 2.2 INTRODUCTORY 2 (I2)

The I2 program is the first level of individual competition for boys and girls who have acquired basic skiing skills. Some youngsters will have been members of a Nancy Greene team; others may have no previous racing experience. Like Nancy Greene, the I2 program is an entry level program (AIM 2 WIN, “Learning to Train” phase) designed to introduce children to basic skiing and ski racing skills. Consistent with the emphasis on fundamentals, training prepares children for skiing all kinds of terrain and snow conditions (bumps, ice, and crud). Racing focuses on GS events. Physical conditioning and training focuses on the development of physical capacities such as agility, balance, co-ordination and speed (ABCs).

#### 2.2.1 Eligibility

- **Age:** 10 years and under as of December 31 of the current race season.
- **Membership:** To be eligible to race in NCD-OSZ Series and Championship events, I2 racers from OSZ clubs must be registered with Ski Quebec Alpin and racers from NCD clubs must be registered for membership with Alpine Ontario (AOA).

#### 2.2.2 Equipment Standards

Racers who are not properly equipped will not be permitted to start a race. Parents and racers are encouraged to discuss equipment selection with the racer’s coach to ensure that athlete has the appropriate items:

- **Skis:** There are no restrictions regarding ski length and radius for NCD-OSZ events. The racer’s physical development, ability and skills must be considered in selecting appropriate and safe equipment.
- **Helmets:** At all events, competitors must wear full hard-shell helmets specifically designed and manufactured for the particular event.
- **Boots:** Maximum boot height (distance between the ski boot sole and the base of the heel including all hard and soft parts): 43 mm
- **Bindings:** Maximum standing height (the distance between the bottom of the ski’s running surface and the ski boot sole): 50 mm.
- **Clothing:** Regular ski suits are mandatory; competition suits are not permitted.

#### 2.2.3 Race Format

I2 events in the regular OSZ-NCD Series consist of a two-run race followed by a skills development event. The details of the skills development events will be included in the race notice for the day.

#### 2.2.4 Race Entries

All registered I2 racers are automatically entered in every OSZ-NCD Series race. The list of registered racers is published on the Outaouais Ski Zone Web site ([www.skioutaouais.qc.ca](http://www.skioutaouais.qc.ca)) and updated, as necessary, beginning in early January.

Coaches and parents are encouraged to consult the published lists to verify that the entry list is complete and that the information for each racer is accurate. Any errors or omissions should be immediately reported to Jim Coflin ([jcoflin@ca.inter.net](mailto:jcoflin@ca.inter.net)), or the club’s I2 coordinator.

### 2.2.5 Race Fee

The entry fee for each event is \$30.00 per competitor payable to the host club the morning of the race. The entry fee covers the cost of the athlete's lift ticket.

### 2.2.6 Start Order

The start order for I2 races is determined as follows:

- **First run:** The start order for the first run is determined by a random computer draw for girls and boys. Girls start first.
- **Second run:** For Slalom and GS races, the start order for the second run of each race is determined by the racers' finish times in the first run of the race – fastest to slower - with the order of the top 30 inverted: the racer with the best time starts in 30th place, the second best time in 29th position and so on down, with the racer who posted the 30th best time starting in first position. Where safety considerations warrant, the race jury may order that the second run be based on a reverse 15.<sup>2</sup>

Racers who did not finish (DNF) or were disqualified (DSQ) in the first run of a race will be permitted to participate in the second run of that race, recognizing that the overall series results and the selection criteria for provincial events are based on the racers results for every individual run. They will be seeded after the group that finished the first run

I2 female competitors race before male competitors in each run.

### 2.2.7 Safety

The safety of competitors, officials, and spectators is of paramount importance. At each race, the Jury is charged with the responsibility of taking all reasonable steps to ensure that safety and, to that end, has the authority to cancel, postpone or annul a run or race if necessary.

### 2.2.8 Course Tear Down

**All competitors and coaches** are required to report to the start area after the last run of the day to assist with course tear down - failure to so may result in sanctions for both competitors and coaches.

### 2.2.9 Race Results

Medals are awarded for each race and the results for each race are determined by combined run times. The medals presentation will take place immediately after the skills development activity.

If two (2) racers tie in their combined times, the tie stands and medals are awarded as follows:

- a tie for first place – two gold medals and a bronze
- a tie the second position – a gold medal and two silver; and
- a tie for third place – one gold, one silver, and two bronze.

### 2.2.10 Reporting Results

A copy of the results for each I2 race will be posted on the Outaouais Ski Zone Web site within 48 hours of the race. In addition, series points (see Series Points, page 50) will be calculated for

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<sup>2</sup> Note: The FIS rules (ICR Art. 621.10) specifies that the first 30 finishes are reversed for the second run unless the Jury decides at least one hour before the start of the first run that the first 15 should be reversed.

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each run and will be posted on the Outaouais Ski Zone Web site ([www.skioutaouais.qc.ca](http://www.skioutaouais.qc.ca)) by Thursday following a race. The series points are used for the determining year-end awards for OSZ and NCD Series Results and the membership of delegations to provincial events.

### 2.2.11 OSZ Series Results

Gold, silver, and bronze series medals will be awarded for male and female I2 racers based on combined Series points using the best results achieved in runs which represent 60% (or the percentage closest to 60%) of the runs held during the OSZ-NCD Series. For example, if there are a total of 8 GS runs held during the series, the best 5 of 8 runs will be used. Awards will be given to athletes at the year-end banquet.

### 2.2.12 NCD Series Results

Plaques are awarded for male and female I2 racers, based on combined Series points, using the best 50% of the race runs held during the OSZ-NCD Series. For example, if there are a total of 8 GS runs, the best 4 runs will be used. Awards will be given to athletes at the year-end banquet.

### 2.2.13 OSZ-NCD Championships

A two-day I2 championship event will be held at the end of the season. The event will consist of slalom on one day and a giant slalom on the other day.

Gold, silver and bronze medals will be presented to the best 10 year-old male and female athlete and to the best 9 year-old and younger athletes in each race. In addition, medals will be awarded to the racers with the best combined results, based on series points. In all, twelve (12) sets of medals (six for girls and six for boys) will be awarded:

Event	Category	Results	Girls	Boys
GS	9 yrs & younger	Total Time	😊	😊
	10 yrs	Total Time	😊	😊
SL	9 yrs & younger	Total Time	😊	😊
	10 yrs	Total Time	😊	😊
Combined	9 yrs & younger	Series Points: Best SL & Best GS run	😊	😊
	10 yrs	Series Points: Best SL & Best GS run	😊	😊

### 2.2.14 SQA Provincial I2 Events

Each year SQA organizes events, such as the *Défi du Carnaval*, for 9 and 10 year old racers. The details about these events (dates, quotas, etc), and the criteria that will be used for team selection, will be posted on the OSZ website by January 15<sup>th</sup> of the current season.

## 2.3 KINDER 1 (K1)

In K1 programs children continue to develop, adapt and refine their basic skiing skills and begin expanding their racing skills by training for and competing in Slalom as well as Giant Slalom. Physical training and conditioning focuses on agility, balance, co-ordination and speed skills (ABCs) with the introduction of some strength and endurance training.

### 2.3.1 Eligibility

- **Age:** 11–12 years of age as of December 31 of the current race season.
- **Membership:** To race in NCD-OSZ Series and Championship events, K1 racers from OSZ clubs must be registered for membership with Ski Québec Alpin and racers from NCD clubs must be registered for membership with Alpine Ontario Alpin.

### 2.3.2 Equipment Standards

Racers who are not properly equipped will not be permitted to start a race. Parents and racers are encouraged to discuss equipment selection with the racer's coach to ensure that athlete has the appropriate items:

- **Skis:** There are no restrictions regarding ski length and radius for NCD-OSZ events. The racer's physical development, ability and skills must be considered in selecting appropriate and safe equipment.
- **Helmets:** At all events, competitors must wear full hard-shell helmets specifically designed and manufactured for the particular event.
- **Boots:** Maximum boot height (distance between the ski boot sole and the base of the heel including all hard and soft parts) – 43mm
- **Bindings:** Maximum standing height (the distance between the bottom of the ski's running surface and the ski boot sole) – 50mm.
- **Clothing:** Downhill and other suits designed for alpine racing are permitted.

### 2.3.3 Race Format

K1 events in the regular OSZ-NCD Series consist of one race of two runs.

### 2.3.4 Race Entries

All registered K1 racers are automatically entered in every OSZ-NCD Series race. The list of registered racers is published on the Outaouais Ski Zone Web site ([www.skioutaouais.qc.ca](http://www.skioutaouais.qc.ca)) and updated, as necessary, beginning in early January. Coaches and parents are encouraged to consult the published lists to verify that the entry list is complete and that the information for each racer is accurate. Any errors or omissions should be immediately reported to Jim Coflin ([jcoflin@ca.inter.net](mailto:jcoflin@ca.inter.net)) or the club's K1 coordinator.

### 2.3.5 Race Fee

The entry fee for each race is \$30.00 per competitor payable to the host club the morning of the race. The entry fee covers the cost of the athlete's lift ticket.

### 2.3.6 Start Order

The start order for K1 races will be determined as follows:

- **First run:** The start order for the first run is determined by a random computer draw for girls and boys. Girls start first.
- **Second run:** For Slalom and GS races, the start order for the second run of each race is determined by the racers' finish times in the first run of the race – fastest to slower - with the order of the top 30 inverted: the racer with the best time starts in 30th place, the second best time in 29th position and so on down, with the racer who posted the 30th best time starting in first position. Where safety considerations warrant, the race jury may order that the second run be based on a reverse 15.<sup>3</sup>

Racers who did not finish (DNF) or were disqualified (DSQ) in the first run of a race will be permitted to participate in the second run of that race, recognizing that the overall series results and the selection criteria for provincial events are based on the racers results for every individual run. They will be seeded after the group that finished the first run

K1 female competitors race before male competitors in each run.

### 2.3.7 Safety

The safety of competitors, officials, and spectators is of paramount importance. At each race, the Jury is charged with the responsibility of taking all reasonable steps to ensure that safety and, to that end, has the authority to cancel, postpone or annul a run or race if necessary.

### 2.3.8 Course Tear Down

**All competitors and coaches** are required to report to the start area after the last run of the day to assist with course tear down - failure to so may result in sanctions for both competitors and coaches.

### 2.3.9 Race Results

Medals are awarded for each race.

The results for each race are determined by the combined times for the first and second run. If a racer is disqualified (DSQ) or does not finish (DNF) one of the runs, his or her combined time is not calculated. Series points are calculated for each run and are used for provincial selection and series awards.

If two racers tie in their combined times, the tie stands and medals are awarded as follows:

- a tie for first place – two gold medals and a bronze
- a tie the second position – a gold medal and two silver; and
- a tie for third place – one gold, one silver, and two bronze.

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<sup>3</sup> Note: The FIS rules (ICR Art. 621.10) specifies that the first 30 finishes are reversed for the second run unless the Jury decides at least one hour before the start of the first run that the first 15 should be reversed.

### 2.3.10 Reporting Results

A copy of the results for each K1 race will be posted on the Outaouais Ski Zone Web site within 48 hours of the race.

In addition, series points (see Section 4) will be calculated for each run and the results posted on the Zone Web site by Thursday following a race. The series points are used for the determining year-end awards for OSZ and NCD Series Results. They are the basis for selecting the athletes who will participate in provincial championship events.

### 2.3.11 OSZ Series Results

Gold, silver, and bronze series medals will be awarded for male and female K1 racers based on combined Series points of the best 50% of slalom runs, the best 50% of GS runs during the season.. Awards will be given to athletes at the yearend banquet.

### 2.3.12 NCD Series Results

Plaques are awarded for male and female K1 racers, based on combined Series points, using the best 50% of the race runs held during the OSZ-NCD Series. For example, if there are a total of 8 GS runs, the best 4 runs will be used. Awards will be given to athletes at the year-end banquet.

### 2.3.13 NCD-OSZ Championships

A K1 championship series will be held at the end of the season. Gold, silver and bronze medals will be awarded in each of GS and SL. Medals will also be awarded for the “Combined” event. The combined medals will be determined by adding the series points for each racer’s best slalom run and best GS run. Note: For the combined medals, each age category will be scored independently and racers awarded series points according to finishes within their age group.

Twelve (12) sets of medals (six for girls and six for boys) will be awarded:

Event	Category	Results	Girls	Boys
GS	11 yrs	Total Time	☺	☺
	12 yrs	Total Time	☺	☺
SL	11 yrs	Total Time	☺	☺
	12 yrs	Total Time	☺	☺
Combined	11 yrs	Series Points: Best SL & Best GS run	☺	☺
	12 yrs	Series Points: Best SL & Best GS run	☺	☺

### 2.3.14 Ontario Provincial K1 Events

Each year AOA sanctions provincial-level events for 11 and 12 year old racers. The details about these events (dates, fees, quotas, etc) and the criteria that will be used for team selection can be obtained from the NCD club K1 coordinators.

### 2.3.15 Québec Provincial K1 Events

Each year SQA sanctions a provincial championship event for 11 and 12 year old racers. The details about these events (dates, fees, quotas, coaching arrangements, etc) and the criteria that will be used for team selection will be posted on the OSZ website by January 15<sup>th</sup> of the current season. **Note:** The provincial event will include the following: 1 Kombi run, 1 SX run (competitors will complete the course one-by-one racing against the clock), 2 SL runs and 2 GS runs.

### 2.4 KINDER 2 (K2)

Generally, in K2 programs, 13 and 14 year old athletes focus on the *Train to Train* phase of their development as alpine racers. In addition to the continued development of basic skiing and racing skills, strength and endurance training become a more significant part of training. K2 athletes are increasingly challenged to adapt and refine the skiing and racing skills they have learned, while learning to pattern and perceive new skills. Consistent with their growing skills and physical capacities, most K2 racers will train for and race all events – Slalom, Giant Slalom, Super-G, Super Combined and, where appropriate, Downhill.

#### 2.4.1 Eligibility

- **Age:** 13 or 14 years of age as of December 31 of the current race season.
- **Membership:** To race in NCD-OSZ Series and Championship events, K2 athletes must have a Canadian card and be listed on the at Alpine Canada Alpin database that is located at [www.acapoints.ca/e/html/results/e\\_natpoints.asp](http://www.acapoints.ca/e/html/results/e_natpoints.asp).

#### Notes:

- **Disabled skiers** are eligible to participate in K2 events. For further information about disabled ski racing please see section 2.6 below; and
- **J1 and J2 racers** are eligible to participate in K2 Series events on dates when there are no OSZ-NCD Junior events scheduled.

#### 2.4.2 Equipment Standards

Racers who are not properly equipped will not be permitted to start a race. Parents and racers are encouraged to discuss equipment selection with the racer's coach to ensure that athlete has the appropriate items:

- **Skis:** There are no restrictions regarding ski length and radius for NCD-OSZ events. The racer's physical development, ability and skills must be considered in selecting appropriate and safe equipment.
- **Helmets:** At all events, competitors must wear full hard-shell helmets specifically designed and manufactured for the particular event.
- **Boots:** Maximum boot height (distance between the ski boot sole and the base of the heel including all hard and soft parts) – 43 mm
- **Bindings:** Maximum standing height (the distance between the bottom of the ski's running surface and the ski boot sole) – 50 mm.
- **Clothing:** Downhill and other suits designed for alpine racing are permitted.

#### 2.4.3 Race Format

K2 Slalom and GS events in the regular OSZ-NCD series consist of one race of two runs. Super-G races consist of one run. Super combined events will consist of one Super-G run and one Slalom run.

#### 2.4.4 Race Entries

All registered K2 and disabled racers are automatically entered in every OSZ-NCD Series race. The list of these racers is published on the Outaouais Ski Zone Web site ([www.skioutaouais.qc.ca](http://www.skioutaouais.qc.ca)) and updated, as necessary, beginning in early January. Coaches and

parents are encouraged to consult the published lists to verify that the entry list is complete and that the information for each racer is accurate. Any errors or omissions should be immediately reported to Jim Coflin ([jcoflin@ca.inter.net](mailto:jcoflin@ca.inter.net)) or the club's K2 coordinator.

Junior racers wishing participate in a race must arrange for their coaches to submit the appropriate entry forms in accordance with instructions included in the race notice for that event. Late entries will be seeded at the end of the start order.

### 2.4.5 Race Fee

The entry fee for each race is \$30.00 per competitor payable to the host club the morning of the race. The entry fee covers the cost of the athlete's lift ticket.

### 2.4.6 Start Order

**First run:** The first run start order for all OSZ-NCD K2 events will be determined in accordance with FIS rules using national points. The FIS rules require that the first run start order be determined by placing the all (K2 and Junior) competitors in order of their points from lowest to highest, then randomly drawing the order of the 15 racers with the lowest points. The balance of the field starts in ascending order of their points, provided that where racers that have the same points, their start order is also determined by a random draw. (Note: The random draws are done by computer.)

**Disabled athletes** competing in a K2 event will be seeded in special groups as described in the section 2.6 of this manual and will start before the female seed.

**Second run:** For Slalom and GS races, the start order for the second run of each race is determined by the racers' finish times in the first run of the race – fastest to slower - with the order of the top 30 inverted: the racer with the best time starts in 30th place, the second best time in 29th position and so on down, with the racer who posted the 30th best time starting in first position. Where safety considerations warrant, the race jury may order that the second run order be based on a reverse 15.<sup>4</sup>

Racers who did not finish (DNF) or were disqualified (DSQ) in the first run of a race will be permitted to participate in the second run of that race, recognizing that overall series results and the selection criteria for provincial events are based on the racer's results for every individual run. They will be seeded after the group that finished the first run.

Female competitors race before male competitors in each run.

### 2.4.7 Safety

The safety of competitors, officials, and spectators is of paramount importance. At each race, the Jury is charged with the responsibility of taking all reasonable steps to ensure that safety and, to that end, has the authority to cancel, postpone or annul a run or race if necessary.

### 2.4.8 Course Tear Down

**All competitors and coaches** are required to report to the start area after the last run of the day to assist with course tear down - failure to so may result in sanctions for both competitors and coaches.

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<sup>4</sup> Note: The FIS rules (ICR Art. 621.10) specifies that the first 30 finishes are reversed for the second run unless the Jury decides at least one hour before the start of the first run that the first 15 should be reversed.

### 2.4.9 Race Results

Medals are awarded to K2 competitors only at each race and are determined by the combined times for the first and second run. If a racer is disqualified (DSQ) or does not finish (DNF) one of the runs, his or her combined time is not calculated.

If two racers tie in their combined times, the tie stands and medals are awarded as follows:

- a tie for first place – two gold medals and a bronze
- a tie the second position – a gold medal and two silver; and
- a tie for third place – one gold, one silver, and two bronze.

### 2.4.10 Reporting Results

The results of each race are reported to ACA for the purposes of calculating national points. ACA posts these results on the national website at [www.acapoints.ca](http://www.acapoints.ca). (Please note that a copy of the results will be posted on the OSZ website.)

In addition, series points (see Section 4) will be calculated for the K2 athletes each run and the results posted on the Outaouais Ski Zone Web site by Thursday following a race. The series points are used for the determining year-end awards for OSZ and NCD Series Results, as well as serving as the basis for selecting the athletes who will participate in provincial championship events.

### 2.4.11 OSZ Series Results

The Series awards for individual athletes will be presented at the end season banquet will be given in male and female categories, based on the total series points for each racer:

- Best Super-G race result
- Best two GS race results
- Best two slalom race results
- Best super combined race results.

### 2.4.12 NCD Series Results

Plaques are awarded for male and female K2 racers, based on combined Series points, using the best 50% of the race runs held during the OSZ-NCD Series. For example, if there are a total of 8 GS runs, the best 4 runs will be used. Awards will be given to athletes at the year-end banquet.

### 2.4.13 NCD-OSZ Championships

The NCD-OSZ K2 championships will be held at the end of the season and will consist of one slalom and one giant slalom race. Gold, silver and bronze medals will be awarded based on each athlete's combined series points for the two races. One set of medals will be awarded for 13 year olds and another for 14 year olds. Note: For the combined medals, each age category will be scored independently and racers awarded series points according to finishes within their age group.

### 2.4.14 Ontario Provincial K2 Events

Each year AOA sanctions provincial-level events for 13 and 14 year old racers. The details about these events (dates, fees, quotas, etc) and the criteria that will be used for team selection can be obtained from the NCD club K2 coordinators.

### 2.4.15 Québec Provincial K2 Events

Each year SQA sanctions a provincial championship event for 13 and 14 year old racers. The details about these events (dates, fees, quotas, etc) and the criteria that will be used for team selection will be posted on the OSZ website by January 15<sup>th</sup> of the current season. **Note:** The provincial event will include the following: 1 Super-G run, 1 SX run (competitors will complete the course one-by-one racing against the clock), 4 SL runs and 4 GS runs.

### 2.5 JUNIOR (JR)

The Junior program, for 15 to 19 year old athletes, focuses on the Train to Race phase of the athlete development as alpine racers. In addition, the program does have a mixture of athletes with differing goals including those who are involved in FIS sanctioned race events, the Quebec Championnat Junior Provincial (CJP) series and similar events, and those who simply want to continue to enjoy a race experience by participating in the local events.

#### 2.5.1 Eligibility

To participate in the NCD-OSZ Series events and to qualify for medals and awards, an athlete must

- **Age:** be 15 to 19 years of age as of December 31 of the current race season.
- **Membership:** have a current ACA or FIS competitor card, and be a member of an NCD or OSZ club team, other than the NCO team.

Athletes who do not qualify for the NCD-OSZ Series may participate in scheduled events, but not qualify for medals. To register as non-Series participants, the athlete must:

- **Age:** be 15 years of age or older as of December 31 of the current race season
- **Membership:** have a current ACA or FIS competitor card.

#### 2.5.2 Equipment Standards

Racers who are not properly equipped will not be permitted to start a race. Parents and racers are encouraged to discuss equipment selection with the racer's coach to ensure that athlete has the appropriate items:

- **Skis:** There are no restrictions regarding ski length and radius for NCD-OSZ events. The racer's physical development, ability and skills must be considered in selecting appropriate and safe equipment.
- **Helmets:** At all events, competitors must wear full hard-shell helmets specifically designed and manufactured for the particular event.
- **Boots:** Maximum boot height (distance between the ski boot sole and the base of the heel including all hard and soft parts) – 45mm
- **Bindings:** Maximum standing height (the distance between the bottom of the ski's running surface and the ski boot sole) – 50mm.
- **Clothing:** Downhill and other suits designed for alpine racing are permitted.

#### 2.5.3 Race Format

JR Slalom and GS events in the regular OSZ-NCD series consist of one race of two runs. Super-G races consist of one run. Super combined events will consist of one Super-G run and one Slalom run.

#### 2.5.4 Race Entries

Series and non-Series athletes wishing to participate in a race must arrange for their coaches to submit the appropriate entry forms in accordance with instructions included in the race notice for that event. Late entries will be seeded at the end of the start order.

A list of the racers who are eligible to participate in the OSZ-NCD Series is published on the Outaouais Ski Zone Web site ([www.skioutaouais.qc.ca](http://www.skioutaouais.qc.ca)) and updated, as necessary, beginning in early January. The racers on the list will not be automatically entered in every OSZ-NCD Series race. Coaches and athletes are encouraged to consult the published lists to verify that the entry list is complete and that the information for each racer is accurate. Any errors or omissions should be reported to Jim Coflin ([jcoflin@ca.inter.net](mailto:jcoflin@ca.inter.net)) immediately.

### 2.5.5 Race Fee

The entry fee for each race is \$30.00 per competitor payable to the host club the morning of the race. The entry fee covers the cost of the athlete's lift ticket.

### 2.5.6 Start Order

**First run:** The first run start order for all OSZ-NCD JR events will be determined in accordance with FIS rules using national points. The FIS rules require that the first run start order be determined by placing the competitors in order of their points from lowest to highest, then randomly drawing the order of the 15 racers with the lowest points. The balance of the field starts in ascending order of their points, provided that where racers that have the same points, their start order is also determined by a random draw. (Note: The random draws are done by computer.)

**Second run:** For Slalom and GS races, the start order for the second run of each race is determined by the racers' finish times in the first run of the race – fastest to slower - with the order of the top 30 inverted: the racer with the best time starts in 30th place, the second best time in 29th position and so on down, with the racer who posted the 30th best time starting in first position. Where warranted, the race jury may order that the second run be based on a reverse 15.<sup>5</sup>

Female competitors race before male competitors in each run.

**Note:** Normally, racers who did not finish (DNF) or were disqualified (DSQ) in the first run of a race will be permitted to participate in the second run of that race, providing the jury is satisfied that the race can be completed in a timely manner and without reducing the quality of the event for the racers who completed the first run. The DNF's and DSQ's will be seeded after the group that finished the first run.

### 2.5.7 Safety

The safety of competitors, officials, and spectators is of paramount importance. At each race, the Jury is charged with the responsibility of taking all reasonable steps to ensure that safety and, to that end, has the authority to cancel, postpone or annul a run or race if necessary.

### 2.5.8 Course Tear Down

**All competitors and coaches** are required to report to the start area after the last run of the day to assist with course tear down - failure to do so may result in sanctions for both competitors and coaches.

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<sup>5</sup> Note: The FIS rules (ICR Art. 621.10) specific that the first 30 finishes are reversed for the second run unless the Jury decides at least one hour before the start of the first run that the first 15 should be reversed..

### 2.5.9 Race Results

Medals will be awarded to the top three OSZ-NCD Series Junior female and male finishers at each race.

The results for each race are determined by the combined times for the first and second run. If a racer is disqualified (DSQ) or does not finish (DNF) one of the runs, his or her combined time is not calculated.

If two racers tie in their combined times, the tie stands and medals are awarded as follows:

- a tie for first place – two gold medals and a bronze
- a tie the second position – a gold medal and two silver; and
- a tie for third place – one gold, one silver, and two bronze.

### 2.5.10 Reporting Results

The results of each race are reported to ACA for the purposes of calculating national points. ACA posts these results on the national website at [www.acapoints.ca](http://www.acapoints.ca).

In addition, series points<sup>6</sup> for each age category will be calculated for each race and the results posted on the Outaouais Ski Zone Web site by Thursday following a race. The series points are used for the determining year-end awards and Series Results. The calculation of series points will be based on each racer's placement in the entire field, rather than on the placements within the J1/J2 categories, but the categories will be reported separately.

### 2.5.11 NCD-OSZ Championships

The NCD-OSZ Junior championships will be held at the end of the season and will consist of one slalom and one giant slalom race. Medals will be awarded for each race.

Gold, silver and bronze medals will also be awarded based on each athlete's combined series points for the two races.

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<sup>6</sup> An explanation of "series points" can be found in section 4 of this document.

## 2.6 ALPINE DISABLED SKIING

The OSZ and NCD are pleased to welcome disabled skiers as participants in K2 races.

### 2.6.1 Overview

Alpine Disabled Skiing (ADS) is governed by the International Paralympic Committee (IPC) through the International Paralympic Alpine Skiing Committee (IPCAS).

Certain ADS athletes (e.g. single-leg amputees who ski without a prosthesis & sit-ski users) use special poles called outriggers that have short ski blades on the end and help the skier with balance. Other athletes compete from a sitting position using a sit-ski, also called a mono-ski. As the name suggests, mono-skis have a specially fitted chair over a single ski. The chair includes seat belts and other strapping, as well as a suspension device to minimize wear and tear on the skier's body.

Guides are obligatory for visually impaired athletes and the competitor and his guide are a team. The guide directs the athlete through the course using only voice signals or radio communication to indicate the course to follow.

Athletes compete based on their functional ability, allowing athletes with different disabilities to compete against each other. Alpine skiing includes three main classifications with several sub-categories within each:

#### Visually impaired

- B1 totally blind athletes
- B2 visual acuity of 20/60
- B3 visual acuity above 20/60 to 6/60

#### Standing

- LW 1 double above knee amputation
- LW 2 single above knee amputation
- LW 3 double below knee amputation/cerebral palsy
- LW 4 single below knee amputation
- LW 5/7 double arm amputation
- LW 6/8 amputation or other disabilities in one arm
- LW 9 one upper limb and one lower limb disability

#### Sitting

- LW 10 no functional sitting balance
- LW 11 fair sitting balance
- LW 12 paraplegic/amputation of the lower limb/s

### 2.6.2 Rules

At IPC and other para-alpine events, the Federation International de Ski (FIS) rules are used with modifications set out in the IPC Alpine Skiing Rule Book that is available at [www.paralympic.org/release/Winter\\_Sports/Alpine\\_Skiing/index.html](http://www.paralympic.org/release/Winter_Sports/Alpine_Skiing/index.html). These rules have been adapted to support the involvement of para-alpine racers at NCD-OSZ K2 events.

### 2.6.3 General

Disabled athletes competing in OSZ and NCD K2 or similar alpine events are subject to FIS, ACA and local race rules with these adaptations to accommodate their disabilities.

### 2.6.4 Eligibility

All athletes participating in NCD and OSZ races must hold an International Paralympic Committee Alpine Skiing (IPCAS) card or be a SQA, AOA or CADS member with general coverage under the Canadian Snow Sports Association insurance program.

### 2.6.5 Seeding

Disabled athletes will be seeded in a separate group that starts before the K2 females. Within the group, the start orders of the three categories of athletes are:

- GS and Speed events: 1. Visually impaired; 2. Sitting; 3. Standing
- Slalom events: 1. Visually impaired; 2. Standing; 3. Sitting

First Run: The start order of athletes in each category will be determined by random draw.

Second Run: The start order within each category will be based on the first run results: fastest to slowest. In each category, athletes who are disqualified or did not finish the first run will be seeded last in their category.

### 2.6.6 Guides

Visually impaired athletes are assisted by guides who precede the racer through the course. The guide starts with the racer from a position beside the start ramp and is required to successfully complete all other gates in the course (i.e. the racer will be DSQ'd if the guide misses a gate.) No physical contact between the guide and competitor is allowed during the race. The distance between guide and athlete in technical events (Slalom and Giant Slalom) must not exceed two direction changes and in speed events (Downhill and Super G) must not exceed one direction change.

### 2.6.7 Start Rules

The following rules apply at the start:

- A standing athlete must put his poles or stabilizers in front of the start line, or where indicated and reach full speed after leaving the start only with the help of poles or stabilizers! The stabilizers or poles must be in a fixed position on the snow before the start.
- Sitting athletes require suitable adjustments to the start gate (SEE IPC rules). They are allowed only one push before leaving the start gate -- no running start is allowed.
- For athletes with a visual impairment:
  - The guide cannot pass through the starting gate.
  - The start area should include adequate space for the guide, always in relation to the first gate of the course. The space should be equal to the start position and with the same elevation as the competitor. The start ramp shall be prepared in such a way that the guide can stand relaxed on the starting line and can quickly reach full speed after leaving the start.

### 2.6.8 Start Intervals

The start can take place in each event at variable intervals determined by chief of timing in consultation with the Jury. With one exception, the competitor on the course does not need to cross the finish before the next competitor starts. The exception is that class B1 athletes must nearly complete the entire course before the next competitor starts.

### 2.6.9 Recording Finish Time

All FIS finish rules apply for disabled competitors. Note: The guides for visually impaired competitors are required to pass through all gates, including the finish gate, but the competitor's time is calculated from his finish time of day (TOD), not the guide's. The timer will have to take appropriate steps to ensure that the racer's finish TOD time is accurately captured.

### 2.6.10 Factors

The IPC has established a handicapping (factor) system to calculate results for racers in disabled competitions. The current factor table is available on the International Paralympic Alpine Skiing Committee website: [www.paralympic.org/release/Winter\\_Sports/Alpine\\_Skiing/index.html](http://www.paralympic.org/release/Winter_Sports/Alpine_Skiing/index.html).

Further Information: For further information about disabled ski racing contact:

Name: Jamie Rosewarne  
Email: [jrosewarne@sympatico.ca](mailto:jrosewarne@sympatico.ca)

### 2.7 ELITE TEAMS

The Ottawa-Outaouais area has three programs that are designed to prepare athletes for the Canada's provincial and national alpine racing teams.

- 
- **National Capital Outaouais Ski Team:** The NCO Team is the region's senior elite development program. In recent years, NCO athletes have graduated to the Quebec and Ontario provincial teams and the national team. The team is jointly managed by the NCD and OSZ.  
For further information, consult the program website: [www.ncoski.com/](http://www.ncoski.com/)
- **Sports-Etudes - Gatineau:** This program combines a fulltime academic program at École secondaire de l'Île and a training program designed for athletes looking ahead to participation in elite alpine racing.  
For further information: [www.ile.cspo.qc.ca/pg\\_pedagogique\\_prog\\_sport\\_etude.asp](http://www.ile.cspo.qc.ca/pg_pedagogique_prog_sport_etude.asp)
- **Sports-Etudes - Ottawa:** This program combines a fulltime academic program at École secondaire publique Louis-Riel and a training program designed for athletes looking ahead to participation in elite alpine racing.  
For further information consult the program website: <http://sports-etudes.ca/fr/>

## 3 Rules, Officials & Points

### 3.1 INTRODUCTION

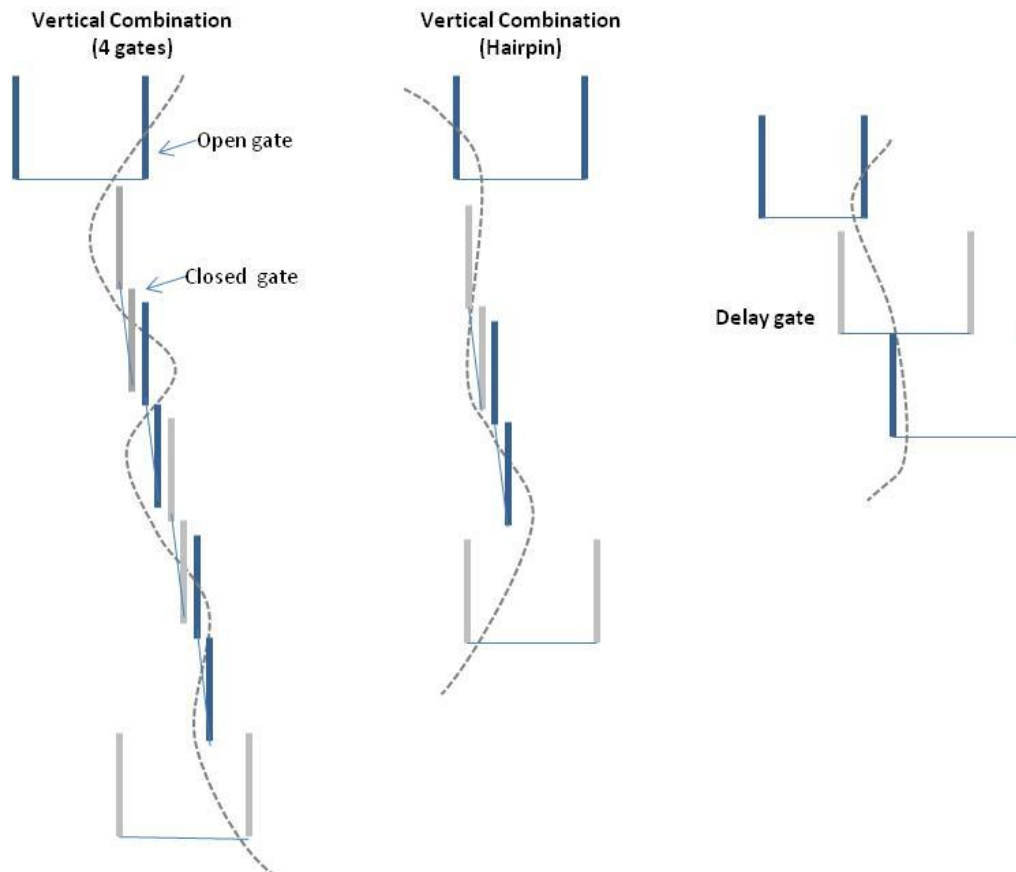
Section 3.2 describes the different types of races within the alpine race program, section 3.4 identifies the various officials and personnel who are involved in running a race, section 3.3 highlights the basic rules that every competitor should know, and section 3.5 provides an overview of the national and series points systems.

### 3.2 ALPINE EVENTS

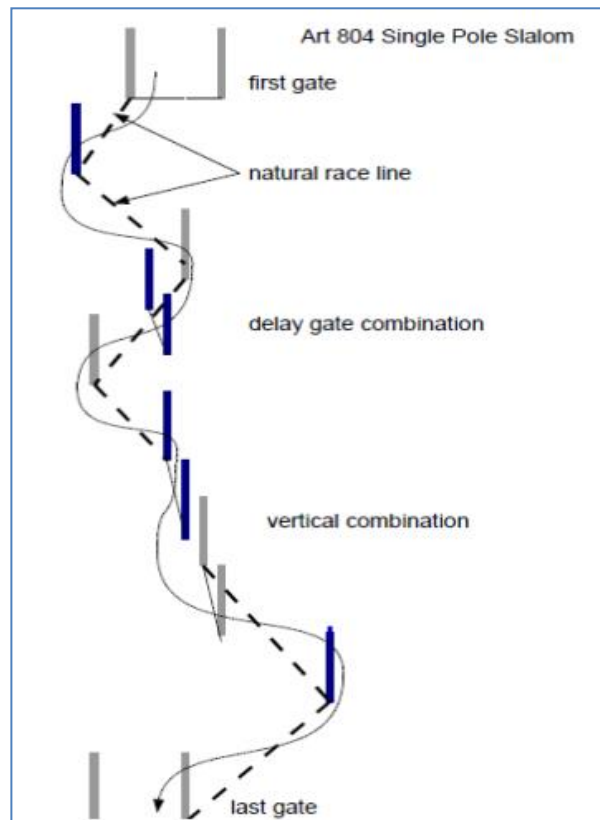
The following are brief descriptions of the alpine race events

- **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) or sidelong (diagonal) gates. The gates are close together (0.75 to 13 meters apart) and considerable turning skill is needed to successfully complete the course.

A slalom course must contain horizontal (open) and vertical (closed) gates, as well as a minimum of one and a maximum of three vertical combinations consisting of three to four gates (sometimes referred to as a “flush,” and at least three hairpin-combinations (two-gate vertical combinations). It must also contain a minimum of one and a maximum of three delay gate combinations.

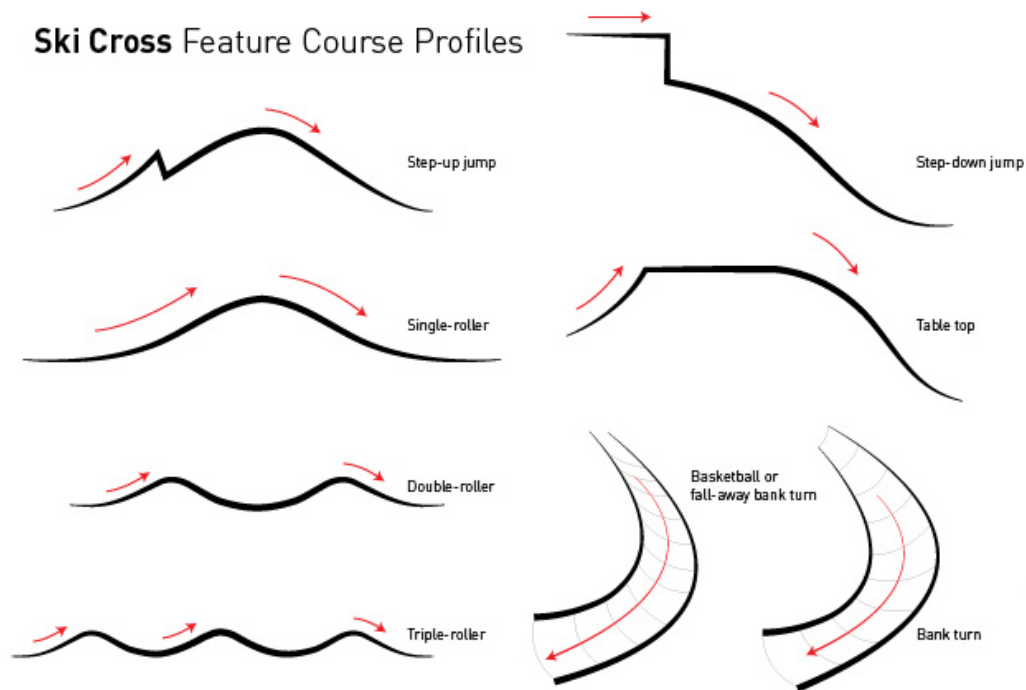


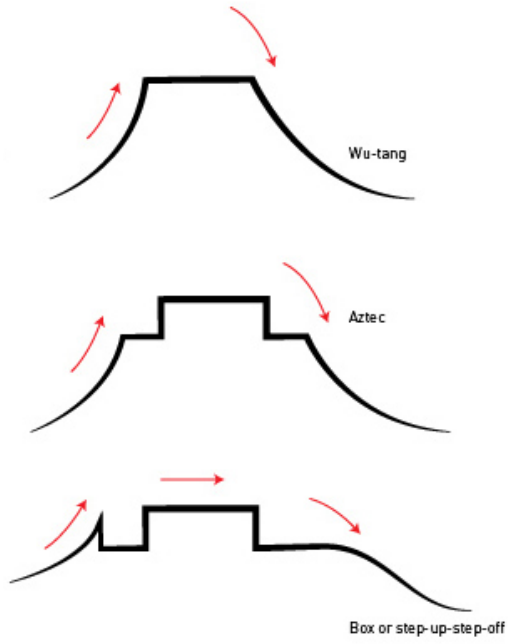
Gates in a slalom race may be set using two poles (the turning pole and an outside pole) as illustrated in the above diagrams, or using a “single pole” arrangement (*ICR 804*), as illustrated below, where an outside pole is used only for the first and last gates, delay gates and combinations.



- **Downhill (DH):** The downhill course is the longest in alpine skiing competitions. The vertical drop varies from 500 m to 1100 m., 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. As racers reach high speeds, safety measures must be taken to ensure the racer is protected in case of a fall. Training runs are obligatory before the competition. (*ICR 702*)
- **Giant Slalom (GS):** GS combines slalom and downhill characteristics. The course is moderately long and preferably undulating and hilly with a vertical drop between 250 to 400 meters. Turns are 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. GS gates can be either double gates, with the turning gate and an outside gate each made up of two poles and a panel (*ICR 901.2*), or single gates made up of two poles and a panel, where there is no outside gate, except for the first and the last gate and delayed gates. (*ICR 904*)
- **Super G (SG):** The course is both longer and faster than the giant slalom. Speed in some straighter stretches of the course may equal those of downhill speed. The gates are set so they require more technical turning skills than in the downhill but less than in the Giant Slalom. (*ICR 1002*)

- **Super Combined (SC):** An event that consists of a DH or SG race and a one run SL, usually held on the same day. (*ICR 1001*)
- **Kinder Kombi (KK):** This type of event combines a variety of turns and gates designed for the I2, K1 and/or K2. The course should test the skier's ability to react and adapt to a changing rhythm and radius, but allow the competitors smooth transition between the various sections of gates. The Kombi/Combo course flows from SL sections into GS sections using GS flushes, SL flushes, round turns, increasing radius turns and SG turns, tucking sections where applicable. (*ICR 608.12*)
- **Ski Cross (SX):** (also known as Skiercross or Skier-X) SX is a type of event based on the snowboarding discipline of boardercross that is run on a course that includes all or some of the terrain features illustrated below and medium to long GS type turns. Each event begins with a timed qualification round. After the time trial, the fastest 32 skiers (fastest 16 if not 32 competitors) compete in a knockout -style series in rounds of four. A group of four skiers start simultaneously and attempt to reach the end of the course. The first two to cross the finish line will advance to the next round. At the end, the final and small final rounds determine 1st to 4th and 5th to 8th places, respectively. Ski cross competitors must wear two piece suits: pants and a separate top. Downhill suits are not allowed. Protective equipment, including back protector or any other padding or body armour must be worn on the body and separate from the ski suit (outer wear). (For further information about ski cross rules please consult the *International Freestyle Skiing Competition Rules, Book V, Joint Regulations For Freestyle Skiing* that is available at <http://www.fis-ski.com/data/document/fis-freestyle-ski-icr-20103.pdf>)





### 3.3 COMPETITION RULES

The basic rules for alpine ski racing are established by the Fédération Internationale de Ski (FIS). There is, however, scope within the FIS rules for national, regional and local modifications and additions, especially with respect to race event formats. The order of precedence is:

1. FIS - Copies of the FIS International Competition Rules (ICRs) and Precisions (amendments to the ICRs) can be downloaded at [www.fis-ski.com](http://www.fis-ski.com). Look under "Alpine Skiing," then "Rules."
2. ACA rules (<http://alpinecanada.org/officials> )
3. SQA ([www.skiquebec.qc.ca](http://www.skiquebec.qc.ca)) and AOA ([www.alpineontario.ca](http://www.alpineontario.ca) ) rules

The following are rules that every athlete, coach, parent and official should know.

**NOTE:** The following highlights the content of the rules set out in the ICR. In case of uncertainty, please refer to the ICR. The ICR number(s) for each rule is included for your ease of reference.

#### 3.3.1 Course Inspection

Before each race, and anytime a new course is set, racers must have an opportunity to inspect the course.

It is the jury's responsibility to decide, based on the type of event and course conditions, how racers may inspect the course. The jury's decision is usually announced at the coaches' meetings. The most common methods of course inspection are slowly skiing along the side of the course, or side slipping through the gates.

During inspecting a course, racers:

- Must carry and display their bibs;
- Must abide by any special instructions from the Jury; and
- Must NOT ski down the course or through the gates, or practice turns parallel with the gates on the course.

(ICR 608.12.5; 703.2.2; 804.1; 904; 1004; 1230.2.4)

#### 3.3.2 Reporting for the Start

Racers must report to the start on time. Any competitor who is not ready to start on time may be sanctioned. (ICR 613.6)

#### 3.3.3 Start Signals

Slalom: The starter gives the racer the warning "Ready" or "Attention" and a few seconds later the start signal "Go! Partez!". The racer then has about 10 seconds to start. If the racer starts before the "Go" order, or after that period of 10 seconds they will be disqualified. (ICR 805.3)

DH, GS, Super G, and Kombi: Ten (10) seconds before the start, the starter will tell each competitor "10 seconds." Five (5) seconds later, the starter gives a countdown "5, 4, 3, 2, 1" and then the start command "Go or Partez/Allez. The racer can start any time after the 5-second countdown starts and up until five seconds after the start command. If the racer starts before or after that period of time, they will be disqualified. (ICR 613.4)

### 3.3.4 Start Procedure

Pushing off from the start posts or other aids is forbidden; the competitor can start only with the help of his ski poles. (ICR 613.3)

### 3.3.5 Gate Passage

A racer must correctly pass through every gate on the course. A gate has been correctly passed when the racer's boots and ski tips cross the imaginary line that joins the two poles of the gate. (Note: If a racer has lost a ski, both feet and the tip of one ski must cross the line!) (ICR 661.4)

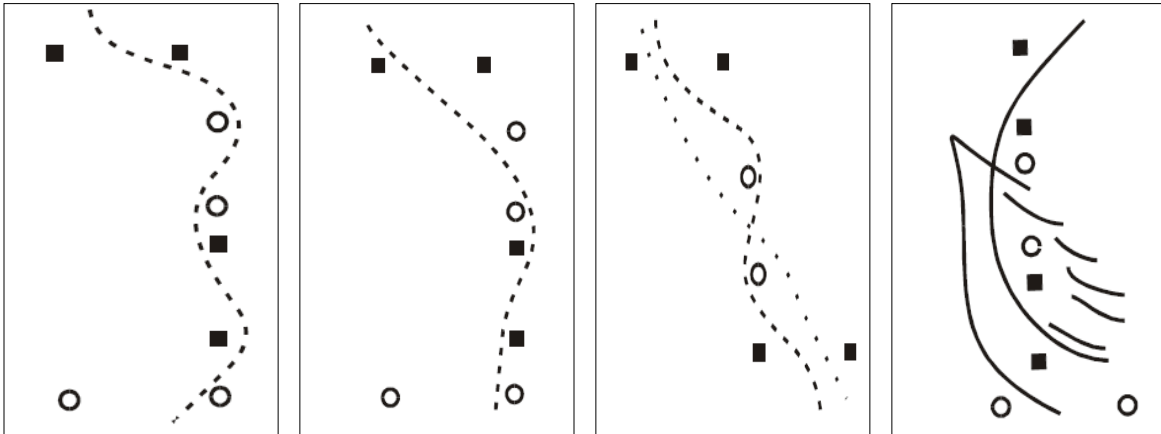
In Downhill, Giant Slalom and Super G, where a gate consists of two pairs of poles holding banners between them, the gate line is the shortest line between the two inner poles at snow level. In a two pole Slalom the gate line is the shortest line between the turning pole and the outside pole.

**Note:** Where there is no outside pole in Slalom, or outside gate in Giant Slalom, both feet and ski tips must have passed the turning pole on the same side, following the natural race line of the slalom. If a competitor loses a ski, without committing a fault, e.g. not by straddling a pole, then the tip of the remaining ski and both feet must have passed the natural gate line. If the racer has not correctly passed the imaginary line from turning pole to turning pole and does not follow the natural race line, then he has to climb back up and pass around the missed turning pole. (ICR 804.3; 904.3)

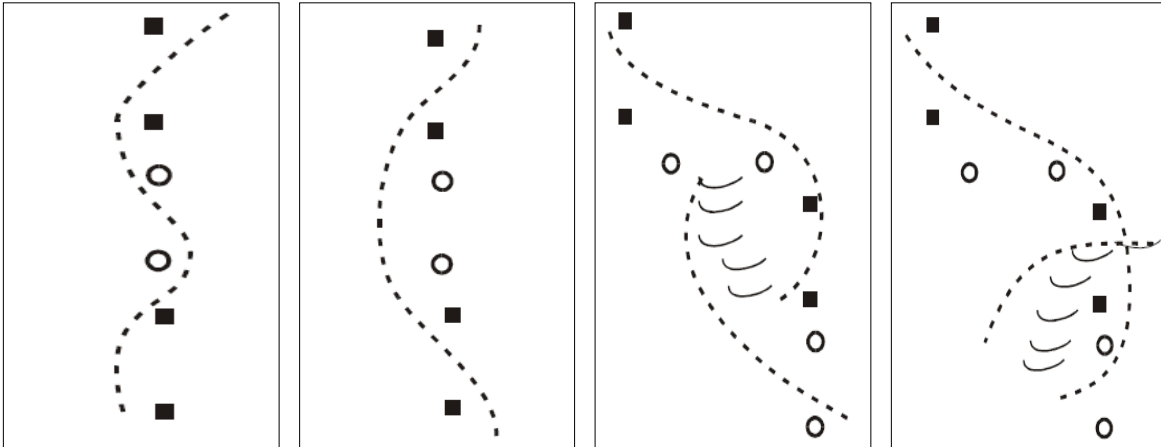
As long as both feet and ski tips cross the gate line, the racer's passage is correct even if he/she:

- knocks down one or both of the gates;
- slides through the gate on some part of their body other than their feet;
- temporarily loses one or both skis;
- hikes back up to a gate and crosses the line; or
- passes through the gates out of their numerical order.

The following drawings illustrate different situations where the passage is correct.



The following drawings illustrate different situations where the passage is not correct:



### 3.3.6 Questions of Gate Judge

“A competitor, in the case of an error or a 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 has committed a fault that would lead to disqualification.” **IMPORTANT:** The racer is fully responsible for his/her actions and, in this respect; he cannot hold the gate judge responsible. (*ICR 663*)

### 3.3.7 Finish

The finish line must be crossed on both skis, on one ski, or with both feet in case of a fall between the last gate and the finish line. The time is taken when any part of the competitor's body or equipment stops the timekeeping system. (*ICR 615.3*)

A racer can complete a race with any number of pieces of equipment.

### 3.3.8 Interference

A racer is interfered with if:

- An official, spectator, animal or other obstruction blocks the course;
- A fallen competitor, who did not clear the course soon enough, blocks the course;
- There are objects in the course, such as a lost ski pole or the ski of previous competitor;
- The activities of the first aid service obstruct the racer;
- A gate has been knocked down by a previous competitor, and was not promptly replaced;
- Other similar incidents, beyond the will and control of the competitor, that cause a significant loss of speed or a lengthening of the racing line and would affect the competitor's time. (*ICR 623.2*)

### 3.3.9 Reporting interference

A racer who is obstructed or interfered with while racing **must stop immediately** and report what happened to a member of the Jury or the nearest Gate Judge. After reporting to the official, the racer should go directly to the finish area along the side of the course and, without crossing the finish line, report to the Finish Referee to request the re-run. The racer's coach can also request the re-run). The Finish Referee will consult with the Jury to get its decision about whether to approve a provisional re-run. (*ICR 623.1.1*)

### 3.3.10 Re-runs

A racer may be granted a provisional re-run only if there is a technical malfunction (e.g., timing equipment), or if someone or something interferes with his/her run. (*ICR 623*)

### 3.3.11 Validity of a Re-run.

- All re-runs are provisional unless confirmed by the Jury.
- If the competitor was already disqualified before the incident entitling him/her to a re-run, the re-run is not valid.
- The provisional run is the racer's official result even if it is slower than their first run. (*ICR 623.3*)

### 3.3.12 Disqualification

A competitor will be disqualified if he/she:

- Does not start within the time limits;
- Does not pass through a gate correctly;
- Participates in a race under false pretences;
- Jeopardizes the safety of others; or
- Causes actual injury or damage.

(*ICR 629*)

### 3.3.13 Sanctions

The jury may apply a sanction and impose a penalty on a racer, coach or official who acts in a manner that:

- Violates competition rules;
- Does not comply with jury directives; or
- Is unsportsmanlike.

(*ICR 223*)

Anyone who receives a sanction may be given one or more of the following penalties:

- A verbal or written reprimand;
- Withdrawal of accreditation;
- Denial of accreditation
- A time penalty; and/or
- A monetary fine.

(*ICR 223*)

The penalty for a competitor may also include:

- Disqualification (DSQ'd);
- A delayed start position;
- Loss of prizes; and/or
- Suspension from future events.

(*ICR 223*)

### 3.3.14 Referee's Report

At the end of each run, the referee reviews the reports completed by the start referee, finish referee and the gate judges to determine whether any competitor should be disqualified for failing to successfully pass a gate or violation of any other rules. He/she then posts a report on the scoreboard or at another location announced at the team captains'/ coaches' meeting. The report identifies each disqualified competitor and the gate(s) where the fault occurred. (*ICR 601.4.10*)

### 3.3.15 Protests

A coach can submit a protest against the referee's decision to disqualify a competitor if he/she has evidence that the competitor should not be disqualified. Protests must be submitted, in writing, to the Chief of Timing or another official identified at the Coaches' meeting, within 15 minutes of the posting of the Referee's Report. The ICR's, 644.3, states that: *Protests must be substantiated in detail. Proof must be submitted and any evidence must be included.*

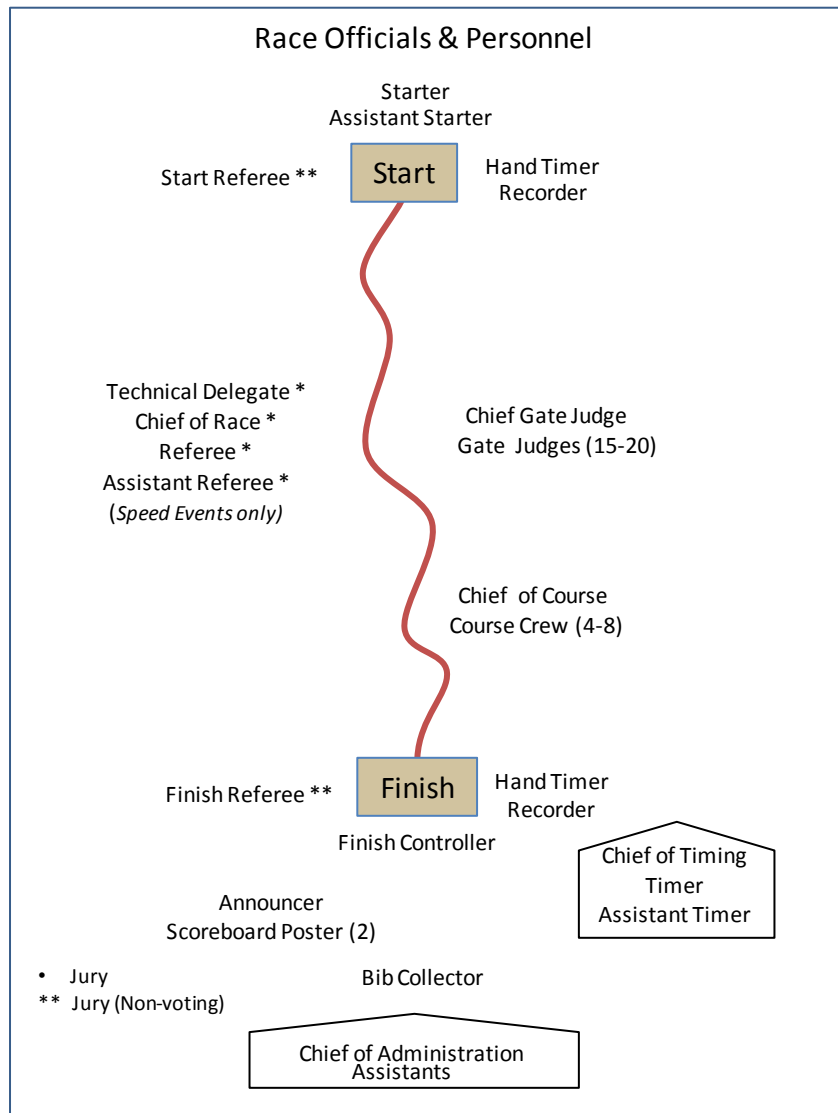
**Note:** The Jury may extend the deadline for submission of the written protest if a verbal protest and the deposit are received within the 15-minute protest period.

The protest must be accompanied by a \$50.00 deposit that will be returned if the protest is upheld.

## 3.4 RACE OFFICIALS

It takes more than thirty people to run a safe and successful race. This section identifies these positions and provides a brief description of each. More detailed information about the responsibilities of officials and about planning and running a race can be found in the officials training manuals and reference document published on the ACA website under “For Officials,” “Officials Program.”

The following diagram shows the typical location of officials and other personnel at OSZ-NCD races.



**Starter:** Gives the correct start signal to each racer and, in collaboration with the timer, ensures the proper start interval between signals.

**Assistant Starter:** Calls the competitors to the start in their correct order.

**Hand Timer** (also called Assistant Timers): Operate the stopwatch at the start and finish.

**Recorder** (also called Assistant Timers): Records the time-of-day data for each start and finish from the stopwatch.

**Start Referee:** Ensures that the regulations for the start are followed; controls access to the course for inspections; determines late and false starts; manages the start process at the beginning and end of the run and during “Stop-Starts;” reports the names of the competitors who did not start to the referee. The start referee remains at the start from the beginning of the official inspection time until the end of the event. He/she is a non-voting member of the Jury.

**Technical Delegate (TD):** Has advisory control over pre-race and post-race operation and, together with the other members of the Jury, has complete control over the operation of the race itself. Along with the Jury, he/she has the final decision in all matters of safety and has the authority to cancel, postpone or annul the race if necessary. The TD is the representative of and appointed by the body that has responsibility for the race (i.e., SQA in the case of provincial events, OSZ-NCD in the case of local events).

**Chief of Race (COR):** Is the chairman of the Race Committee and the “boss” who is responsible for staffing and directing the work of all officials except the TD and the referee. He/she normally chairs the Team Captain’s meeting, in consultation with the TD, and deals with all technical aspects of the race. The Chief of Race is a member of the Jury.

**Referee:** Inspects the course immediately after it is set, alone or accompanied by members of the Jury and has the authority to change the course by taking out or adding gates. (The course setter must be informed of changes if he/she was not present during this inspection.); receives the reports of the gate judges, start and finish referees and other officials about any infractions of the rules and gate faults at the end of each run; immediately after each run, checks, signs and posts the “referee’s report” identifying the competitors who were disqualified, The Referee is appointed by the TD from outside the host organization.

**Assistant Referee:** Appointed by the TD to assist the referee at speed events.

**Chief Gate Judge:** Organizes and supervises the work of the gate judges and designates the gates each will supervise; supplies each gate judge with control cards, pencil, start list, etc.; ensures that the numbering and the marking of the gates is done; collects the gate judges' control cards at the end of each run and delivers them to the referee.

**Gate Judges:** observe the passage of each competitor through the gates they are assigned; decide whether the passage is correct; when a fault is observed, prepare a proper record of the fault (bib number, gate number, drawing); respond to competitors questions about whether they have committed a fault; make a record of any competitor who leave4s the course and requests a re-run. Gate judges may be asked to perform other duties such as the replacing/repairing poles or panels; helping keep the course clear, etc.

**Chief of Course:** Directs and supervises the preparation and maintenance of the course, including the start and finish areas. He/she works with the course setters, supervises course maintenance during the race and directs post-race cleanup immediately following the event. He/she needs to know course preparation standards and techniques.

**Course Crew:** Under the direction of the Chief of Course, replace/repair gate poles; repairs potholes, ruts; berna, and other conditions; sideslip the course;

**Finish Referee:** Ensures that the regulations for the organisation of the finish and the finish in-run and out-run are followed; responds to requests for re-runs; supervises the finish controller, the timing and the crowd control in the finish area; reports the competitors who did not finish to the referee and informs the Jury of all infringements against the rules. The finish referee remains in the finish from the beginning of the official inspection time until the end of the event. He/she is a non-voting member of the Jury. (*ICR 601.3.4*)

**Finish Controller:** Supervision of the section between the last gate and the finish; monitors the proper crossing of the finish line; records the order of finishing of all racers who complete the course.

**Chief of Timing** (also called Chief of Timing and Calculations): Supervises all electronic and manual timing and results calculations, plans and sets up all timing and communication systems, oversees the starter, timers, recorders, finish controller, announcers, spotters and others.

**Timer:** Operates the timing equipment and software and ensures that accurate start and finish times are recorded for every competitor; communication with the starter throughout the race;

**Assistant Timer:** Monitors jury communication for information about “start-stops,” competitors that abandon the course, etc.; observes the course and competitors to identify any irregularities that could affect the accuracy of the timing; and otherwise assists the timer.

**Scoreboard Posters:** Records the elapsed time for each competitor on the display board.

**Announcer:** Announces each competitor’s results as soon as they are available.

**Bib Collector:** Collects the bibs from each competitor immediately after they complete their last run for the event.

**Chief of Administration** (also called the Race Secretary): Responsible for all administrative work for the competition, including receipt of registration and preparing the draw; ensures that the official results contain the required information; prepares the minutes of technical, Jury and team captains' meetings; ensures that the forms for start, finish, timing, calculations, and gate judging are prepared and distributed at the proper time; receives official protests and gives them to those who are concerned; and ensures that results are duplicated and published as quickly as possible after the completion of the competition.

### 3.4.1 Jury

The jury is responsible for all decisions pertaining to the race, for the arbitration of protests and for upholding the rules. The jury members must collaborate closely with the race committee through the Chief of Race. Jury members include: the Technical Delegate (Chairman of the Jury), Chief of Race, Referee, Assistant Referee (for speed events) and two non-voting Jury Advisors ~ the Start Referee and Finish Referee.

The ACA’s Level II Officials Manual states the Jury’s general responsibilities are to ensure that the rules are adhered to throughout the race and that the safety of the competitors, officials and spectators is never compromised.

More specifically, the Jury’s responsibilities include, but are not limited to:

1. Ensuring the applicable rules are fairly applied and implemented;
2. Inspecting before and during the race;
3. Supervising of start and finish;

4. When the conditions require it, deciding to cancel, interrupt or postpone a race, change start intervals, or shorten the course;
5. Ruling on all provisional runs and protests; and
6. Approving the methods of timing and calculation.

The minimum qualifications for Jury members for each type and level of race event vary:

	Level	Technical Events	Speed Events
<b>Technical Delegate</b>	FIS	FIS TD	FIS TD
	Provincial	TD appointed by PSO <sup>7</sup>	TD with Speed Certification appointed by PSO
	Division	Level 2	Level 3 with Speed Certification
<b>Chief of Race</b>	FIS	Level 3	Level 3
	Provincial	Level 2	Level 2
	Regional	Level 2	Level 2
<b>Referee</b>	FIS	Level 2 Coach with Level 2 Official certification	Level 2 Coach with Level 2 Official certification <u>or</u> a TD with Speed Certification
	Provincial	Level 2 Coach with Level 2 Official certification	Level 2 Coach with Level 2 Official certification
	Regional	Level 2 Coach with Level 2 Official certification	Level 2 Coach with Level 2 Official certification
<b>Assistant Referee</b>	FIS		Level 2 Coach with Level 2 Official certification
	Provincial		Level 2 Coach with Level 2 Official certification
	Regional		Level 2 Coach with Level 2 Official certification
<b>Start / Finish Referee</b>	FIS	Level 2	Level 2
	Provincial	Level 2	Level 2
	Regional	Level 2	Level 2

### 3.4.2 Officials Training & Development

The officials program stresses the integration of theory with practice at all levels. It is essential that officials have officiating skills that will match the competitors' performance levels. Competitors have the right to expect that officials have a high level of expertise so that results reflect the athletes' ability and skills without being compromised by the incompetence of race officials or "luck".

The following are the basic criteria for certification of the four levels of alpine under the National Alpine Officials program **as outlined in the ACA's Officials Program Level I Manual 2010/11 (R\_1,1)** available at <http://alpinecanada.org/officials>, under *Officials Program*.

**Level 1:** This is the entry-level course. It is an overall introduction to race organization and the various Officials positions with particular emphasis on timekeeping and gate judging. There are no course pre-requisites or required experience. Participants will benefit more if they have practical experience. Course attendance automatically qualifies the participant as Level 1 Alpine

<sup>7</sup> PSO refers of "Provincial Sport Organization." The PSO for Ontario is Alpin Ontario Alpine (AOA) and for Quebec it is Ski Quebec Alpin (SQA).

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Official. Parents of entry level and K1 level racers find this course an excellent introduction to race officiating and in gaining an insight into the racing program as a whole.

Course Description:

Time required: 3 hours or less  
 Pre-requisites: None  
 Exam: None

**Level 2:** This course is designed as a detailed introduction to alpine ski racing and the roles and duties of various officials. It is a fairly intensive course that does not repeat the material covered in Level 1 and does require some prior knowledge and experience in order that the material covered is absorbed to the best advantage. Level II officials are qualified for several Chief and Jury positions

Course Description:

Length: Up to 9 hours including a 1 hour exam in one day or two evenings.  
 Pre-requisites: Level I certification and a minimum of eight days officiating experience in at least 3 different positions from 2 different categories listed in the table (below).  
 Exam: 1 hour – multiple choice, T/F, and short answers. Open book.

**Categories of Race Officials**

Administration	Course	Timing	Jury
Race Chairman Chief of Administration (Race Secretary)	Chief of Race Chef of Course Chief of Gate Judges Gate Judge Course Crew	Chief of Timing and Calculations Chief of Timing Starter Timer	Technical delegate TD Candidate Referee Assistant Referee Start Referee Finish Referee

**Level 3:** The Level III course is an interactive one with an emphasis on discussion and the exchange of ideas, opinions, and experiences by the participants and the instructor(s). The course is designed for officials with considerable practical experience. It covers rules to particular disciplines as well as the work and duties of the Jury and Technical Delegate in detail. Also covered are the duties of senior officials, course preparation, maintenance and setting, as well as calculations of points and penalties. Throughout the course, participants take part in case studies taken from actual experiences and will be asked to make decisions on these as well as participating in Jury decisions.

Course Description:

Time required: About 12 hours. Generally given on a weekend but can be given over 4 evenings.  
 Pre-requisites: Level II certification and practical experience since obtaining Level 2 as follows:

- (a) Chief of Race and one of the following positions: Chief of Course; Chief of Timing and Calculation; Chief of Gate Judges; Chief of Administration (Race Secretary)
- (b) Two assignments as voting/non-voting jury member (other than Chief of Race);
- (c) An assignment at the FIS level to one of the positions listed in the above table, but different from those listed in (a) or (b).

It is only open to those who have the necessary pre-requisites as detailed above or are identified as being very close to having the necessary practical. Participants must be recommended by the PSO Officials Chair.

Exam: 2 hour open book exam.

**Level 4:** In order to become a Level 4 Official, it is necessary to be recommended to the National Officials Committee by the PSO Officials Chair. Level 4 Officials are the most experienced officials, having showed a superior level of ability. Among the qualifications required of a Level 4 Official are: Level 3 certification with, at a minimum, having obtained the following experience in since obtaining Level 3 certification:

- (a) Satisfactory performance as the Chief of Race at a FIS level event.
- (b) Assignment as voting or non-voting Jury member at a race minimum National or provincial level, or at a regional speed event.
- (c) Satisfactory performance as the Chief of Course or Chief Gate Judge at a J1 and/or FIS level event:
- (d) Satisfactory performance at 2 event assignments as Race Secretary, Chief of Timing and Calculation or Race Chairman at a J1 and/or FIS level event.

## 3.5 POINTS

There are two types of point systems used in the NCD-OSZ ski racing program:

- ACA National and FIS points are a way of comparing the performance of individual athletes nationally or internationally who do not participate in the same races. Locally, ACA national points are used for seeding K2 and JR start lists. With FIS and national points, the lower the number, the better; and
- Series points are used to rank racers who are participating in the same series of races, for example, the World Cup or the OSZ-NCD Series. Series points are used to determine overall results in the OSZ-NCD Series and for selecting teams for provincial championship events. With series points, the higher the number, the better.

The national points for all athletes holding a Canadian or FIS card are published on the ACA Points website: [www.acapoints.ca](http://www.acapoints.ca). Information for individual and/or groups of racers can be retrieved from this database.

### 3.5.1 ACA National Points System

Most sports have devised methods of turning an athlete's performance into numbers that give some indication of his or her level of athletic performance as compared to all the other people participating in the sport: the times taken to walk run or swim specified distances, the heights cleared; or the distances a javelin, shot-put or discus has been thrown.

Ski racing has a unique position in the world of sports in terms of these performance numbers, because there is no set court, field or track and no absolute length of a course. In addition, factors such as terrain, snow conditions and weather, as well as course configuration, speed and number of turns vary from race to race.

The national points system, based on the international FIS points system, is used to compare the performance of one racer to other racers across Canada by converting their results in races to a numerical value, adjusting that value to reflect the "quality" of the race. The national points are most commonly used to seed competitors for the start lists and, for this reason, are also known as "seed" points. They may also be used for:

- Establishing quotas at competitions;
- Establishing the race penalty (in connection with the race points);
- Establishing the penalties for injury status;
- Establishing the qualifications for the existing competition categories.

Every Canadian alpine racer who holds a national card or a FIS card is registered on the points system. A points profile on the ACA website will look like this:

Cat	Last Name	First Name	Club/Division	Card	Gndr	YOB	DH	SL	GS	SG	SC	KK
K2	JONES	John	CLB/SQA	55555	M	1997	999	246.23	311.10	408.54	999	999

The 999 number indicates that this racer has not has a 'result' in DH (downhill), SC (Super Combined, or KK (Kinder Kombi). The national points for SL, GS and SG are the result of a calculation that uses the racer's national points history, plus the 'race points' and 'penalty points' for each race. The following sections look at how race points and race penalties are calculated, then describes how these are translated into national points.

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**Race Points:** The race points assigned to each competitor in a particular race are a function of the difference between the winner's time and the racer's time. The winner gets a value of 0.00 race points and the racers whose times are close to the winner get low race points while slower racers get higher race points.

The formula for the calculation of the race points is the following:

$P = ((Tx / To) - 1) \times F$ , where "P" is Race Points, "To" is the time of the winner in seconds, "Tx:" is the time of the individual racer in seconds, and "F" is the "F" value for the particular event.

The "F" values of the different events are posed on the ACA Points website. The numbers for 2008-2009 were:

DH = 1320                      GS = 880                      SC = 1240  
 SL = 600                        SG = 1060                    KK = 740

Figure 1 (below) is a snapshot of the results for a local race showing the race points for the first fifteen finishers for a slalom race held in 2007 when the "F" value for Slalom was 610. In this example, the silver medalist received 6.30 race points:

$$P = ((86.04/85.16)-1) \times 610 = ((1.01)-1) \times 610 = 0.01 \times 610 = \mathbf{6.30}$$

**Figure 1 - Race Points – OSZ-NCD Junior Race**

		WEATHER: CLEAR		SNOW: MACHINE GROOMED				
		TEMPERATURE: START -15 C FINISH -15 C				F = 610		
POS	BIB NO.	CODE NO.	COMPETITOR SURNAME, NAME	CLB	TIME 1ST RUN	TIME 2ND RUN	TOTAL TIME	RACE POINTS
1	64	31621	CLARK Jordan	MARIE	0:40.22	0:44.94	1:25.16	0.00
2	56	103346	GOODWIN Andrew	OSC	0:39.21	0:46.83	1:26.04	6.30
3	73	40350	TOMIC Trevor	FORTU	0:39.75	0:46.62	1:26.37	8.67
4	57	31380	MOON Alex	CASCA	0:40.70	0:46.86	1:27.56	17.19
5	59	31362	HUNT Alexander	CASCA	0:41.48	0:46.50	1:27.98	20.20
6	63	40285	BAKER Richard	OSC	0:41.31	0:47.06	1:28.37	22.99
7	77	40183	MONKMAN Luke	CALAB	0:40.65	0:48.52	1:29.17	28.72
8	70	40414	TERMARSCH Jared	UOV	0:42.27	0:48.84	1:31.11	42.62
9	89	54118	KIPP Bryan	VORLA	0:42.96	0:48.50	1:31.46	45.13
10	67	61124	DONNELLY Andrew	MARIE	0:42.25	0:49.32	1:31.57	45.91
11	88	54097	FLECK Jason	CASCA	0:43.63	0:49.38	1:33.01	56.23
12	82	40325	SINFIELD Scott	OSC	0:43.65	0:50.25	1:33.90	62.60
13	60	31381	HARVEY Kevin	CASCA	0:43.45	0:50.67	1:34.12	64.18
14	68	40258	LITWIN David	OSC	0:44.61	0:49.74	1:34.35	65.83
15	76	40375	NADEAU Bernard	FORTU	0:42.85	0:51.63	1:34.48	66.76

15-01-2006/EDELWEISS SM8 / 1

Measures 6.62

**Race Penalty:** The race penalty calculation is used to numerically evaluate each race, as illustrated in the following example: Two slalom races are run on the same day at adjacent ski areas with different levels of competitors. While the race points earned by the racers at each race might be very similar, in fact, one race was a championship event involving the best racers from the province and the other one was a local event involving relatively inexperienced racers. If the two groups had completed together, the top racers in the inexperienced group would have finished well back in the field, scoring high race points.

In order to compensate for the different levels of performance for the national points, a race "penalty" is calculated by a formula that uses the national points of the five (5) competitors with the lowest (best) national points in the race who actually start the first run, regardless of their finish results (DNF, DSQ), and the national points and race points of the five (5) competitors with

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lowest (best) national points among the top ten (10) competitors who finish without being disqualified.

The procedure for a penalty calculation is as follows:

1. List the 5 competitors with the lowest (best) seed points who actually start the first run and total their seed points.
2. List the top 10 finishers and their respective seed points.
3. Working across the same line for each competitor, choose the 5 competitors with the lowest (best) seed points.
4. List the race points for these 5 best seed point finishers and total their race points.
5. Add the total seed points for the best 5 competitors that started to the total seed points for the best 5 competitors who finished among top 10 without disqualification.
6. Subtract the total race points in step 4 from sum of step 5.
7. Divide this difference by 10; round off to 100ths if necessary.

The result is the race penalty.

Figure 2 shows an example the calculation for the penalty for an OSZ-NCD Junior race held in January 2006.

**Figure 2: Penalty Calculation - OSZ-NCD Junior Race**

PENALTY CALCULATION				SEEDING LIST USED: NAT # 3			
-----							
THE BEST TEN AT FINISH							
-----							
POS	CODE NO.	COMPETITOR SURNAME, NAME	CLB	SEED POINTS	BEST 5	RACE POINTS	
1	31621	CLARK Jordan	MARIE	149.63	149.63	0.00	
2	103346	GOODWIN Andrew	OSC	143.58	143.58	6.30	
3	40350	TOMIC Trevor	PORTU	231.57			
4	31380	MOON Alex	CASCA	153.21	153.21	17.19	
5	31362	HUNT Alexander	CASCA	168.20	168.20	20.20	
6	40285	BAKER Richard	OSC	175.38	175.38	22.99	
7	40183	MONKMAN Luke	CALAB	242.14			
8	40414	TERMARSCH Jared	UOV	227.42			
9	54118	KIPP Bryan	VORLA	373.40			
10	61124	DONNELLY Andrew	MARIE	211.95			
					790.00	66.68	
					"A"	"C"	
-----							
THE BEST 5 AT START							
-----							
RANK	CODE NO.	COMPETITOR SURNAME, NAME	CLB	POS	SEED POINTS		
3	103346	GOODWIN Andrew	OSC	2	143.58		
4	31621	CLARK Jordan	MARIE	1	149.63		
5	31380	MOON Alex	CASCA	4	153.21		
6	31381	HARVEY Kevin	CASCA	13	159.29		
7	31362	HUNT Alexander	CASCA	5	168.20		
					773.91		
					"B"		
-----							
CALCULATED PENALTY							
-----							
				790.00 +	773.91 -	66.68 =	1497.23 / 10 =
				"A"	"B"	"C"	149.72
CATEGORY ADDER							
CORRECTION VALUE Z-FACTOR							
				0.00			
				0.00			
PENALTY APPLIED							
				149.72			
-----							
RACE POINTS FACTOR:				SLALOM F = 610		TECHNICAL DELEGATE NO.	
15-01-2006/EDELWEISS						SM9 / 1	
						Measures 6.62	

When the results for this race were reported to ACA, each participating competitor's race points (see Figure 1) would have been added to the race penalty to determine the total points earned for that race. In this case, the total points for the top five finishers would have been:

<u>Rank</u>	<u>Race Points</u>	<u>Penalty</u>	<u>Total Points</u>
1 <sup>st</sup>	0.00	149.72	149.72
2 <sup>nd</sup>	6.30	149.72	156.02
3 <sup>rd</sup>	8.67	149.72	158.39
4 <sup>th</sup>	17.19	149.72	166.91
5 <sup>th</sup>	20.20	149.72	169.92

**Calculating National Points:** If a racer has never participated in and finished a 'points' race, the national points system will show them as having 999.00 points in all race disciplines. Once he or she has obtained a first result in an event, the points list is updated and continues to be updated as new results are reported. The National Points Calculations Rules, as published by ACA, are:

- Fall Points
- $(\text{Fall Points} + \text{Best Result}) / 2$
- $(\text{Best Result} + 2\text{nd Best Result}) / 2$
- Best Result + 20%
- FIS Points if less than the above calculated National Points

Notes: 1. At the end of the season (Last List) the same points rules are applied except Fall Points are increased by 20% before calculations.

2. Points cannot increase during the season

The following scenario illustrates how these rules would be applied in the case of a racer who had no slalom points at the beginning of a season that included five slalom races:

- When ACA receives the report of the athlete's first slalom, the points list will be updated with a number equal to the athlete's total points for that race plus 20% of that total. If the racer's total point result was 356.10, her/his national points would be reported as **427.32**:  $(356.10 + 71.22)$ .
- After the second race, the national points are calculated as the average of the two results. Our racer got a total of 298.56 points in the second slalom, so his/her national points would be changed to **327.33**:  $(356.10 + 298.56) / 2$ .
- In the third race, the athlete had a bad run and ended up with 378.09 total points. Because his/her results in the first two races are still the "Best Result + 2nd Best Result," his/her national points will not change.
- In the fourth and final race of the season, the racer finished in a good position in a race that had a relatively low race penalty and earned 250.57 total points for the event. As a result, the "Best Result + 2nd Best Result" rule applied, so his/her national points were updated to **274.62**:  $(250.67 + 298.56) / 2$ .
- At the fifth race, the racer was disqualified (DSQ'd) and had no result, so his/her national points would stay at **274.62**.

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- In preparation for the next season, ACA would calculate the racer's fall points as **329.54**:  $(274.62 + (274.62 \times 20\%))$ . This number would apply for the first slalom race in the next season. Assuming the racer scored 245.05 total points at that first race in the new season, his/her national points would be changed to **287.29**, according to the "(Fall Points + Best Result) / 2" rule:  $(329.54 + 245.05) / 2$ .

### 3.5.2 Series Points

While the national points system ranks all ACA cardholders, and the FIS system ranks all FIS racers internationally, series points are used to rank athletes who are competing in specific events, such as provincial or national championships, the World Cup Circuit, or the OSZ-NCD series. Compared to the national and FIS systems, series points calculations are simple: racers are awarded points according to a table of descending values.

There are a number of different series point tables used. For example, the World Cup points table, which is published, under the World Cup rules on the FIS website, begins at 100 and goes down to 1 point for the 30th finisher, while the SQA table starts at 500 and goes down to 1 point for the 60th finisher.

The following is the World Cup points table:

Competitors ranking first to 30 <sup>th</sup> (single events and Combined) are awarded points in accordance with the following schedule:							
1 <sup>st</sup>	place	100	points	16 <sup>th</sup>	place	15	points
2 <sup>nd</sup>	"	80	"	17 <sup>th</sup>	"	14	"
3 <sup>rd</sup>	"	60	"	18 <sup>th</sup>	"	13	"
4 <sup>th</sup>	"	50	"	19 <sup>th</sup>	"	12	"
5 <sup>th</sup>	"	45	"	20 <sup>th</sup>	"	11	"
6 <sup>th</sup>	"	40	"	21 <sup>st</sup>	"	10	"
7 <sup>th</sup>	"	36	"	22 <sup>nd</sup>	"	9	"
8 <sup>th</sup>	"	32	"	23 <sup>rd</sup>	"	8	"
9 <sup>th</sup>	"	29	"	24 <sup>th</sup>	"	7	"
10 <sup>th</sup>	"	26	"	25 <sup>th</sup>	"	6	"
11 <sup>th</sup>	"	24	"	26 <sup>th</sup>	"	5	"
12 <sup>th</sup>	"	22	"	27 <sup>th</sup>	"	4	"
13 <sup>th</sup>	"	20	"	28 <sup>th</sup>	"	3	"
14 <sup>th</sup>	"	18	"	29 <sup>th</sup>	"	2	"
15 <sup>th</sup>	"	16	"	30 <sup>th</sup>	"	1	"

Source: Rules for the Alpine FIS Ski World Cup - edition 2008

The following is the points table used for the NCD-OSZ Series:

Rank	Points	Rank	Points	Rank	Points	Rank	Points
1st	100	14th	43	27th	24	40th	11
2nd	85	15th	41	28th	23	41st	10
3rd	75	16th	39	29th	22	42nd	9
4th	70	17th	37	30th	21	43rd	8
5th	65	18th	35	31st	20	44th	7
6th	63	19th	33	32nd	19	45th	6
7th	60	20th	31	33rd	18	46th	5
8th	57	21st	30	34th	17	47th	4
9th	54	22nd	29	35th	16	48th	3
10th	51	23rd	28	36th	15	49th	2

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11th	49	24th	27	37th	14	50th	1
12th	47	25th	26	38th	13	Rest	1
13th	45	26th	25	39th	12		

NCD-OSZ series point results are used to determine awards for overall Series and Spring Championship results, as well as for team selection for provincial events. For I2, K1 and K2 racers, the overall season results and team selections, the series points are calculated for individual runs. The following is an example of a report for two races based on the calculation of series points for individual runs.

**Figure 3: Series Points by Run**

NAME	CLUB	Slalom Race #1				GS Race #1			
		Run 1	Pts1	Run 2	Pts2	Run 1	Pts1	Run 2	Pts2
AKYUREKLI Celine	FORTU	43.27	1	42.98	6	45.13	7	46.09	3
AUBE-PETERKIN Isabel	FORTU	39.81	29	40.77	28	42.50	29	42.02	35
BEKKEDAM Cindy	FORTU	42.17	7	43.32	4	44.56	12	45.27	6
BLAIS Gabriella	VORLA	41.85	11	42.34	15	44.12	14	43.23	22
BOILEAU Anne-Frederi	FORTU	40.86	21	42.24	17	43.98	16	58.01	1
BRUNET Nathalie	FORTU	43.07	3	45.06	1	46.06	3	46.48	1
BURKE Andrée	EDEL	40.04	26	40.60	31	42.13	37	42.23	31
CAMERON Claudia	OSC	36.90	65	38.27	60	39.08	85	39.36	70
CARROLL Tiffany	FORTU	38.50	47	39.20	54	41.42	41	41.18	41
CHANDLER Amy	CASCA	44.45	1	45.51	1	46.80	1	46.60	1
COOK Madison	MARIE	38.04	49	39.50	47	40.32	57	41.11	45
DAVIDSON Lea	OSC	39.19	35	39.55	45	40.34	54	40.56	51
DAVIE Elizabeth	MARIE	36.65	75	38.00	63	39.53	65	39.52	63
DAVIS Allison	CASCA	DNS	0	DNS	0	DNS	0	DNS	0
DONNELLY Briana	CALAB	40.22	23	39.90	37	42.35	33	42.56	26
DUSSAULT Jennifer	FORTU	DNS	0	DNS	0	DNS	0	DNS	0
ELLIOTT Elizabeth	CALAB	46.49	1	42.87	7	44.09	15	44.65	9
FLYNN Taylor	CASCA	46.28	1	46.80	1	48.16	1	49.49	1

If you have questions or are looking for further information about national and series points systems, please contact Jim Coflin ([jcoflin@ca.inter.net](mailto:jcoflin@ca.inter.net).)