

OSZ-NCD SERIES HANDBOOK

OSZ APPROVED / NCD APPROVED



2018-2019

*See some important
highlights on
page 4!*

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SOME RECENT RULE CHANGES:

All racers and coaches, as well as gate judges and officials need to be aware of this rule!

FIS has revised the ICR to prohibit racers in GS, DH or SG events from stopping to climb back up if they have missed a gate or after a fall. ICR rule 614.2.3 states that:

If a competitor comes to a complete stop (e.g. after a fall), he must no longer continue through previous or further gates. This interdiction is valid in all events with a fixed start interval (DH, SG, GS). Only exception is for SL (art. 661.4.1), as long as the competitor does not interfere with the run of ski racer the following competitor or has been passed by a competitor.

Ski Helmets – The Rules

Ski helmets specific to alpine skiing are mandatory at all times and must be in accordance with FIS compliant rules. Helmets shall comply with safety standards set forth in regard to the specific disciplines. No camera supports are permitted!

U14 & U16 national races and FIS sanctioned events including FIS children's races are governed by the 2017-2018 FIS equipment rules. Please refer to the FIS website for a further detail in relation to the FIS helmet rules and regulations

http://www.fis-ski.com/mm/Document/documentlibrary/Marketing/04/30/53/17/0614_CompetitionequipmentENG1718final_Neutral.pdf

For regional races, there is a mandatory helmet rule that requires a one piece helmet that covers head and ears in a hard protective covering. Soft ear helmets are ONLY allowed if used as a second helmet for Slalom training and competition. Face guards on helmets are required for slalom (U12 and older), and not allowed for other disciplines (GS and SG). Note that helmets should be approved ski helmets (not cycling, motocross, etc.) Per FIS regulations, helmet mounted cameras are not permitted in training or racing environments. Helmets worn for U14 and u16 GS and SG races must be purchased and continue to display the logo below on them. The logo below is not required for U12, U10 or Nancy Greene regional races.

Specifications for Competition Equipment Edition

Label attesting conformity with FIS specifications for Alpine racing helmets (GS/SG/DH)



Minimum Width : 10 Mm

Minimum height : 15 Mm

Back Protectors

The SQA's regulations state that wearing a back protector is recommended for all athletes.

[SPECIFICATIONS FOR COMPETITION EQUIPMENT AND COMMERCIAL MARKINGS](#)

There are a wide range of protectors available for athletes of all ages. It is important that back protectors be properly fitted.

Concussion Protocol

Section 13 of the SQA Regulations set out its policy with respect to the prevention and management of concussions. See the following link for details

[Chapitre 4](#)

AOA Regulations details noted in the link below:

[AOA Concussion Protocol](#)

The approach can be summarized as follows:

- immediately remove from training and competition any person believed to have suffered a concussion
- prohibit return to training and competition on the same day, even if the symptoms have disappeared
- do not leave a person believed to have suffered a concussion
- in the case of athletes under 18, inform the parent or guardian of any incident that suggests the athlete may have suffered a concussion

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 has 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.

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* (ICR), is the official rule book for officials who organize and run races everywhere, including our region. A copy of the ICR 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. (To find the ICR, precisions (ICR up-dates) and other alpine rules and standards, go to the bottom of the page, click on “Rules,” then “Alpine Skiing”, then the “Rules” tab at the top)

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 Alpine Ontario Alpin (AOA)

AOA is the provincial governing body for the sport of alpine ski racing in Ontario. It brings together 44 clubs in four divisions: Southern Ontario Division; Northern 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 Provincial Ski Team (OST).

For more information about AOA, visit its website at <http://www.alpineontario.ca/about-alpine-ontario-alpin/>

1.2.4 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, 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, under “À propos,” then “Publications.”

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

1.2.5 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)

For further information about the NCD and its mission, visit its [website](#).

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, elected annually, and one representative from each club. The OSZ coordinates a Nancy Greene League and organizes Outaouais teams that participate in Québec-wide U10, U12, U14, U16, U18 and U-21 competitions, including Provincial and National Championships, Festivals, the CANAM and international races.

The clubs of the Outaouais Ski Zone are:

- Equipe de Ski Camp Fortune (ESCF)
- Edelweiss (EDEL)
- Mont Cascades (CASCA)
- Mont Ste. Marie (MSM)
- Vorlage (VORLA)

For further information about the OSZ and its mission, visit its [website](#)

1.3 NATIONAL CAPITAL - OUTAOUAIS PROGRAMS

The OSZ and the NCD are jointly responsible for the race rules, schedules and coordination of alpine race 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

The latest guide on principles of long term athlete development in 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. Those interested in athlete development are encouraged to visit the [ACA website](#) and look for information on AIM 2 WIN under the heading “Resources” and “LTAD”.

1.4.2 Snow Stars

As a part of Alpine Canada Alpin's goal of national development alignment, Snow Stars was created in partnership with the provincial ski associations and the Alpine Canada Alpin-Canadian Ski Coaches (ACA – CSC) 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.

More Information: The Snow Stars package includes Coaches' and Parents' information, evaluation checklist for each level. 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 Alpine Canada Alpin-Canadian Ski Coaches (ACA-CSC) certification. ACA-CSC is a national organization that provides guidance, training and certification for ski racing coaches.

The structure and content of the ACA-CSC's training and certification program is aligned with the *AIM* development plan:

- **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.
- **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.
- **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 High Performance Level** – 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 ACA-CSC programs, coaching qualifications, training and certification standards, Code of Conduct and related information go to the [ACA-CSC 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 the following, 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 recognize and express my appreciation for all the work from coaches, officials, parents and the ski hills that goes into holding each race and at the end of every race that I participate in I will do my part by helping with tear down.
- I will remember that winning is 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 teams.
- 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, race volunteers and the ski 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 [Code SQA](#)).

1.6.2 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 act like 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 not doing well 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 other racers, coaches, officials and ski centre staff.

1.6.3 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 shall demonstrate high standards of judgment and competency as they represent Alpine Canada and their provincial alpine associations 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 behavior, consideration for others’ physical and emotional well-being, courtesy and good manners.
- Officials must abstain from the use of illegal drugs and the consumption of alcohol while in the performance of their duties as a representative of Alpine Canada and their provincial alpine associations.
- 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 should 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" or "off" the record criticism of race organizations, competitors, coaches and volunteers to the public or to other alpine skiing organizations. In giving event feedback to race organization, competitors, coaches and volunteers, officials shall make suggestions that are constructive, founded and relevant to the improvement of ski racing.

2 NCD-OSZ Racing Programs

2.1 NANCY GREENE¹

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 contributes to the results.

A skills awards program is available as part of Nancy Greene training. There are multiple levels of achievement. 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

¹ 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.

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

Regular ski suits are mandatory, competition suits are not permitted.

2.1.4 Race Format

Nancy Greene races are held on GS-style courses,. Generally, each of the clubs that have a Nancy Greene team sponsors a race during the season.

Each race will be 3 runs. The number of timed runs is determined by the Jury at the coaches meeting on race day.

2.1.5 Start Order

The start order is based on a double blind draw from among the 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 second club starts, followed by the third, then first club.

For the third run, the third club starts followed by the first and second clubs. (See example below).

**SAMPLE BACHLADA START LIST
NG GS**

RUN 1	RUN 2
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Bib	Competitor	Club	Bib	Competitor	Club
1	ROSE April	MARIE	11	TURCOTTE Jeanne	VORLA
2	ELIIOT 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	MARIE	16	CHESTER June	EDEL
7	BROWN Cathy	MARIE	17	GREEN Betty	EDEL
8	CAMPBELL Cindy	MARIE	18	WHITESIDE Tiffany	EDEL
9	PATRON Kelly	MARIE	19	LAFERME Madelaine	EDEL
10	ALEXANDER Suzette	MARIE	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	ELIIOT 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	MARIE
18	WHITESIDE Tiffany	EDEL	7	BROWN Cathy	MARIE
19	LAFERME Madelaine	EDEL	8	CAMPBELL Cindy	MARIE
20	SMYTHE Glenda	EDEL	9	PATRON Kelly	MARIE
21	BEATON Lucy	EDEL	10	ALEXANDER Suzette	MARIE

**SAMPLE BACHLADA START LIST
NG GS**

RUN 3

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

2.1.6 Race Results

Scoring the race when 3 runs are completed, the times for the fastest 2 out of 3 runs will be added together for each racer.

In the event that 4 runs are completed in a day, for each racer the fastest result for the 2 runs in the morning will be added to the fastest result for the 2 runs in the afternoon.

At each race, medals are awarded to clubs based on the total times for ten 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.

2.1.7 Special Events

- The **Julie Thompson Memorial Invitational** race, hosted by Vorlage, is open to teams from both the Outaouais and National Capital Division.
-

2.2

U10 RACE PROGRAM

The U10 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 U10 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). 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:** 9 years or younger as of December 31 of the current race season.
- **Membership:** To be eligible to race in NCD-OSZ Series and Championship events, U10 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

- Regular ski suits are mandatory; competition suits are not permitted.

2.2.3 Race Format

U10 events in the regular OSZ-NCD Series consist of a two-run race. As well a skills and drills development day will be scheduled in the race calendar. The order of events of the race day shall be included in the notice of race day activities.

2.2.4 Race Entries

All registered U10 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) 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 the OSZ Registration Official, or the club’s U10 coordinator.

2.2.5 Start Order

The start order for U10 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:** The start order for the second run will be the reverse order of the first run.

2.2.6 Race Results

Medals are awarded to U10 competitors at each race and are determined by the combined times for the first and second run for two run races (slalom and GS). If a racer is disqualified (DSQ) or does not finish (DNF) one of the runs, his or her combined time/one-run time is not calculated.

2.2.7 Reporting Results

A copy of the results for each U10 race will be posted on the OSZ and NCD website within 48 hours of the race. In addition, series points (see Series Points section) will be calculated for each run and will be posted on the OSZ and NCD websites by the Thursday following a race. The series points are used for the determining year-end awards for OSZ and NCD Series Results

2.2.8 OSZ Series Results

Each year awards for the top 5 male and female U10 racers will be based on combined Series points using the best results achieved in runs which represent 60% (or the percentage closest to 60%) of the slalom runs held during the OSZ-NCD Series plus 100 points for each racer participating in the skills and drills day. For example, if there are a total of 4 slalom runs held during the series, the best 2 of 4 runs will be used. Panelled slalom (PSL) runs shall count as slalom runs in the determination of OSZ Series points. Awards will be given to athletes at the year-end banquet.

2.2.9 NCD Series Results

Annually, plaques are awarded for the top 3 male and female U10 racers, based on combined Series points, using the best results achieved in runs which represent 60% (or the percentage closest to 60%) of the slalom runs held during the OSZ-NCD Series plus 100 points for each racer participating in the skills and drills day. For example, if there are a total of 4 slalom runs,

the best 2 of 4 runs will be used. Panelled slalom (PSL) runs shall count as slalom runs in the determination of OSZ Series points. Awards will be given to athletes at the year-end banquet.

2.2.10 OSZ-NCD Championships

A one-day U10 championship event will be held at the end of the season. The event will consist of a slalom race.

Gold, silver and bronze medals along with 4th and 5th place ribbons will be presented to the best 9 year-old male and female athlete and to the best 8 year-old and younger athletes in each race:

Event	Category	Results	Girls	Boys
SL	8 yrs	Total Time	☺	☺
	9 yrs	Total Time	☺	☺

2.3

U12 RACE PROGRAM

The U12 program is 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 U10, the U12 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). Physical conditioning and training focuses on the development of physical capacities such as agility, balance, co-ordination and speed (ABCs).

2.3.1 Eligibility

- **Age:** 10 and 11 years as of December 31 of the current race season.
- **Membership:** To be eligible to race in NCD-OSZ Series and Championship events, U12 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).

2.3.2 Equipment Standards

- Regular ski suits are mandatory; competition suits are not permitted.

2.3.3 Race Format

U12 events in the regular OSZ-NCD Series consist of a two-run race and one skills and drills development day. The details of the skills and drills development day will be included in the race notice for the day.

2.3.4 Race Entries

All registered U12 racers are automatically entered in every OSZ-NCD Series race. The list of registered racers is published on the [Outaouais Ski Zone Web site](#) 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 the OSZ Registration Official, or the club’s U12 coordinator.

2.3.5 Start Order

The start order for U12 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 U12/U14/U16: 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 slowest - 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 15.² DNFs will follow those who finished the first run and then DSQs.

2.3.6 Race Results

Medals are awarded to U12 competitors at each race and are determined by the combined times for the first and second run for two run races (slalom and GS). If a racer is disqualified (DSQ) or does not finish (DNF) one of the runs, his or her combined time/one-run time is not calculated.

2.3.7 Reporting Results

A copy of the results for each U12 race will be posted on the OSZ and NCD website within 48 hours of the race. In addition, series points (see Series Points section) will be calculated for each run and will be posted on the OSZ and NCD websites by the Thursday following a race. The series points are used for the determining year-end awards for OSZ and NCD Series Results.

2.3.8 OSZ Series Results

Awards will be given for the top 5 male and female U12 racers based on combined Series points using the best results achieved in runs which represent 60% (or the percentage closest to 60%) of the slalom runs and 60% (or the percentage closest to 60%) of the GS runs held during the OSZ-NCD Series plus 100 points for each racer participating in the skills and drills day. For example, if there are a total of 6 GS runs held during the series, the best 4 of 6 runs will be used. Panel slalom (PSL) runs shall count as slalom runs in the determination of OSZ Series points. Awards will be given to athletes at the year-end banquet.

² 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.

2.3.9 NCD Series Results

Plaques are awarded for the top 3 male and female U12 racers, based on combined Series points, using the best results achieved in runs which represent 60% (or the percentage closest to 60%) of the slalom runs and 60% (or the percentage closest to 60%) of the GS runs held during the OSZ-NCD Series plus 100 points for each racer participating in the skills and drills day. For example, if there are a total of 6 GS runs held during the series, the best 4 of 6 runs will be used. Panel slalom (PSL) runs shall count as slalom runs in the determination of Series points. Awards will be given to athletes at the year-end banquet.

2.3.10 OSZ-NCD Championships

A two-day U12 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 along with 4th and 5th place ribbons will be presented to the best 11 year-old male and female athlete and to the best 10 year-old athletes in each race. In addition, medals will be awarded to the racers with the best combined results, based on the 500 point system for the best slalom and GS run. In all, twelve (12) sets of medals (six for girls and six for boys) will be awarded:

Event	Category	Results	Girls	Boys
GS	10 yrs	Total Time	☺	☺
	11 yrs	Total Time	☺	☺
SL	10 yrs	Total Time	☺	☺
	11 yrs	Total Time	☺	☺
Combined	10 yrs	Points: Best SL & Best GS run	☺	☺
	11 yrs	Points: Best SL & Best GS run	☺	☺

2.3.11 SQA Provincial U12 Event (Regroupement)

Each year SQA organizes a provincial U12 Regroupement event for 10 and 11 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 15th of the current season.

2.4

U14 RACE PROGRAM

In the U14 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, and Super G. Physical training and conditioning focuses on agility, balance, co-ordination and speed skills (ABCs) with the introduction of some strength and endurance training.

2.4.1 Eligibility

- **Age:** 12–13 years of age as of December 31 of the current race season.
- **Membership:** To race in NCD-OSZ Series and Championship events, U14 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.

2.4.2 Race Format

U14 events in the regular OSZ-NCD Series consist of one race of two runs for slalom and GS and two one run races for each day of Super G racing.

2.4.3 Race Entries

All registered U14 racers are automatically entered in every OSZ-NCD Series race. The list of registered racers is published on the [Outaouais Ski Zone Web site](#) 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 the OSZ Registration Official or the club's U14 coordinator.

2.4.4 Start Order

The start order for U14 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.

Second run U12/U14/U16: 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 slowest - 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 15.³ DNFs will follow those who finished the first run and then DSQs.

2.4.5 Race Results

Medals are awarded to U14 competitors at each race and are determined by the combined times for the first and second run for two run races (slalom and GS) and the times for one run for Super G races. If a racer is disqualified (DSQ) or does not finish (DNF) one of the runs, his or her combined time/one-run time is not calculated.

2.4.6 Reporting Results

For NCD races for NCD U14 athletes, 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. (Please note that a copy of the results will be posted on the OSZ and NCD websites.)

In addition, series points will be calculated for each run and the results posted on the OSZ and NCD websites by Thursday following a race. The series points are used for the determining year-end awards for OSZ and NCD Series Results.

2.4.7 OSZ Series Results

Awards will be given for the top 5 for male and female U14 racers based on combined Series points using the best results achieved in runs which represent 50% (or the percentage closest to 50%) of the slalom runs, 50% (or the percentage closest to 50%) of the GS runs and the best 25% of Super G runs held during the OSZ-NCD Series. For example, if there are a total of 6 GS runs held during the series, the best 3 of 6 runs will be used. Panelled slalom (PSL) runs shall count as slalom runs in the determination of OSZ Series points. Awards will be given to athletes at the year-end banquet.

³ 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.

2.4.8 NCD Series Results

Plaques are awarded for the top 3 male and female U14 racers, based on combined Series points using the best results achieved in runs which represent 50% (or the percentage closest to 50%) of the slalom runs, 50% (or the percentage closest to 50%) of the GS runs and the best 25% of Super G runs held during the OSZ-NCD Series. For example, if there are a total of 6 GS runs held during the series, the best 3 of 6 runs will be used. Panelled slalom (PSL) runs shall count as slalom runs in the determination of OSZ Series points. Awards will be given to athletes at the year-end banquet.

2.4.9 NCD-OSZ Championships

A U14 championship series will be held at the end of the season. Gold, silver and bronze medals along with 4th and 5th place ribbons will be awarded in each of GS and SL. Medals will also be awarded for the “Combined” event. In addition, medals will be awarded to the racers with the best combined results, based on the 500 points system for the best slalom and 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	12 yrs	Total Time	☺	☺
	13 yrs	Total Time	☺	☺
SL	12 yrs	Total Time	☺	☺
	13 yrs	Total Time	☺	☺
Combined	12 yrs	Points: Best SL & Best GS run	☺	☺
	13 yrs	Points: Best SL & Best GS run	☺	☺

2.4.10 Ontario Provincial U14 Events

Each year AOA sanctions provincial-level events for 12 and 13 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 U14 coordinators.

2.4.11 Québec Provincial U14 Events

Each year SQA sanctions a provincial championship event for 12 and 13 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 15th of the current season.

2.5

U16 RACE PROGRAM

In U16 programs, 14 and 15 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. U16 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 U16 racers will train for and race all events – Slalom, Giant Slalom, Super-G and Alpine Combined.

2.5.10 Eligibility

- **Age:** 14 or 15 years of age as of December 31 of the current race season.
- **Membership:** To race in NCD-OSZ Series and Championship events, U16 athletes must have a valid Canadian card and be listed on the at Alpine [Canada Alpine database](#).

Notes:

- **Disabled skiers** are eligible to participate in U16 events. For further information about disabled ski racing please see section 2.6 below; and
- **U18 and U21 racers** are eligible to participate in U16 Series events on dates when there are no OSZ-NCD U18-U21 events scheduled.

2.5.11 Race Format

U16 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. Following Children's rules as per ICR.

2.5.12 Race Entries

All registered U16 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](#) 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 [OSZ](#) Registration Official or the club's U16 coordinator.

U18-U21 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.

2.5.13 Start Order

First run: The first run start order for all OSZ-NCD U16 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 all (U16 and U18-U21) 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. The order of racers with the same points will be determined by a random draw. (Note: The random draws are done by computer.)

Second run U12/U14/U16: 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 slowest - 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 15.⁴ DNFs will follow those who finished the first run and then DSQs.

Disabled athletes competing in a U16 event will be seeded in special groups as described in the section 2.6 of this manual and will start before the female seed.

2.5.14 Race Results

Medals are awarded to U16 competitors at each race and are determined by the combined times for the first and second run for two run races (slalom, GS and Super Combined) and the times for one run for Super G races. If a racer is disqualified (DSQ) or does not finish (DNF) one of the runs, his or her combined time/one-run time is not calculated.

⁴ 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.

2.5.15 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. (Please note that a copy of the results will be posted on the OSZ and NCD websites.)

In addition, series points will be calculated for each run and the results posted on the OSZ and NCD websites by Thursday following a race. The series points are used for the determining year-end awards for OSZ and NCD Series Results.

2.5.16 OSZ Series Results

The Series awards for individual U16 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 result

2.5.17 NCD Series Results

Plaques are awarded for male and female U16 racers, based on combined Series points, 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 result

2.5.18 NCD-OSZ Championships

The NCD-OSZ U16 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 along with 4th and 5th place ribbons will be awarded based on each athlete's combined points for the two races. One set of medals will be awarded for 14-year olds and another for 15-year olds. Note: In addition, medals will be awarded to the racers with the best combined results, based on the 500 points system for the best slalom and GS race.

2.5.19 Ontario Provincial U16 Events

Each year AOA sanctions provincial-level events for 14 and 15-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 U16 coordinators.

2.5.20 Québec Provincial U16 Events

Each year SQA sanctions a provincial championship event for 14 and 15-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 15th of the current season.

2.5.21 Canadian U16 Events

Each year ACA sanctions a U16 national event for 14 and 15-year old racers. The details about these events (dates, fees, quotas etc) can be obtained from AOA and SQA.

2.6

U18-U21 RACE PROGRAM

The U18-U21 program, for 16 to 20 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.

2.6.10 Eligibility

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

- **Age:** be 16 to 20 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.

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

2.6.11 Race Format

U18-U21 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.

2.6.12 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](#) 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 the OSZ Start list official immediately.

2.6.13 Start Order

First run: The first run start order for all OSZ-NCD U18-U21 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.)

2.6.14 Race Results

Medals will be awarded to the top three OSZ-NCD Series U18-U21 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/one-run time is not calculated.

2.6.15 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](#).

In addition, series points⁵ 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 U18-U21 categories, but the categories will be reported separately.

2.6.16 NCD-OSZ Championships

The NCD-OSZ U18-U21 championships will be held together with the NCD-OSZ championships at the end of the season and will consist of one slalom and one giant slalom race. Medals will be awarded for each race.

⁵ An explanation of "series points" can be found in section 4 of this document.

Gold, silver and bronze medals along with 4th and 5th place ribbons will also be awarded based on each athlete's combined points for the two races.
Alpine Disabled Skiing

2.7 ALPINE DISABLED SKIING

The OSZ and NCD are pleased to welcome disabled skiers as participants in U16 races.

2.7.10 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

2.7.11 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 <https://www.paralympic.org/alpine-skiing#>. These rules have been adapted to support the involvement of para-alpine racers at NCD-OSZ U16 events.

2.7.12 General

Disabled athletes competing in OSZ and NCD U16 or similar alpine events are subject to FIS, ACA and local race rules with these adaptations to accommodate their disabilities.

2.7.13 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.

2.7.14 Seeding

Disabled athletes will be seeded in a separate group that starts before the U16 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.

2.7.15 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.

2.7.16 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.

2.7.17 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.

2.7.18 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.

2.7.19 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](#).

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

Name: Jamie Rosewarne
Email: jrosewarne@sympatico.ca

2.8

ELITE TEAMS

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

- **National Capital Outaouais Ski Team:** The NCO Team is the region’s senior elite development program for U16 and FIS athletes. 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](#) .

- **Sports-Etudes - Gatineau:** This program combines a fulltime academic program at École secondaire Mont Bleu and a training program designed for athletes looking ahead to participation in elite alpine racing.

For further information consult the [program website](#).

- **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](#):

Rules, Officials & Points

3.4 ALPINE RULES

3.4.10 INTRODUCTION

Section 1 includes information about equipment standards, safety, race fees, course tear down, etc., that are common to the various age specific race programs. Rules that are unique to a given category are detailed under the individual program descriptions in section 2.

Section 3.3 highlights the basic rules that every competitor and parent should know.

3.4.11 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.
- Conformity to the rules may be checked at any event, and the lack of an approved helmet is grounds for refusal to allow a competitor to race.
- Spoilers, visors or protruding edges are not permitted. Add-on items such as camera mounts stuck onto the surface of the helmet are not permitted.
- Hard shell must cover head and ears, except for slalom in which soft protection over the ears is allowed.
- Helmets must be labelled as meeting appropriate standards (EN 1077, CEE 1077, US 2040, or other standards as defined in FIS Equipment rules) and marked as intended for Alpine skiing (i.e. not Snowboard or any other event/sport).
- A badly-fitting or over-large helmet may significantly reduce the level of protection provided, and may even add to the hazard or contribute to injury.

- A helmet is a vital piece of your competition equipment and should be properly looked after; dropping a helmet on a hard surface can significantly reduce the level of protection it would provide in the event of a fall.
- Any modification of a helmet, including the application of camera mounts, simple stickers or other decoration, is liable to reduce the effectiveness of the helmet as the adhesives can weaken the shell material. Any such modification (unless carried out in the factory as part of the original manufacture) may also invalidate the helmet from the point of view of any insurance coverage.
-
- **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.

3.4.12 Race Format

Race format varies by event and by age category.

3.4.13 Start Order for Second Run (excluding NG)

Second run U10: The start order for the 2nd run is the reverse of the 1st run. Female competitors will start 1st in each run.

Second run U12/U14/U16: 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 slowest - 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 15.⁶

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.

⁶ 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.

For U18-U21 participation of DSQ and DNF is at the discretion of the jury, when it 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.

Female competitors race before male competitors in each run.

3.4.14 Race Fee

The entry fee for each competitor is set by the OSZ in the fall. The entry fee is payable to the host club the morning of the race and covers the cost of the athlete's lift ticket.

3.4.15 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 athlete safety and, to that end, has the authority to cancel, postpone or annul a run or race if necessary.

3.4.16 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.

3.4.17 Race Results

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

3.4.18 Setting Guidelines

[Ski Quebec Alpin Guidelines](#)

[Alpine Ontario Alpin Guidelines](#)

[Alpine Canada Guidelines](#)

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. Look under “Alpine Skiing,” then “Rules.”
2. ACA rules (<http://alpinecanada.org/community/officials>) Look under “PDFS AND FORMS”
3. SQA (<https://www.skiquebec.qc.ca/>) and AOA (www.alpineontario.ca) rules

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

NOTE: Parents and racers should familiarize themselves with the rules of ski racing. A great way to learn about the rules is to volunteer during races. 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.

3.4.19 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)

3.4.20 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)

3.4.21 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)

3.4.22 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)

3.4.23 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.

3.4.24 No Stopping in GS, DH, and SG

The ICR to prohibit racers in GS, DH or SG events from stopping to climb back up if they have missed a gate or after a fall. ICR 614.2.3 says: *If a competitor comes to a complete stop (e.g. after a fall), he must no longer continue through previous or further gates. This interdiction is valid in all events with a fixed start interval (DH, SG, GS). Only exception is for SL (art. 661.4.1), as long as the competitor does not interfere with the run of ski racer the following competitor or has been passed by a competitor.*

Further, ICR 628.8 says that the Jury must assess a penalty where *the competitor continues to race after committing a gate fault or after a complete stop (art. 614.2.2, 614.2.3)*

3.4.25 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*)

3.4.26 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.

3.4.27 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*)

3.4.28 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*)

3.4.29 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*)

3.4.30 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)

3.4.31 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)

3.4.32 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)

3.4.33 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)

3.4.34 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.*

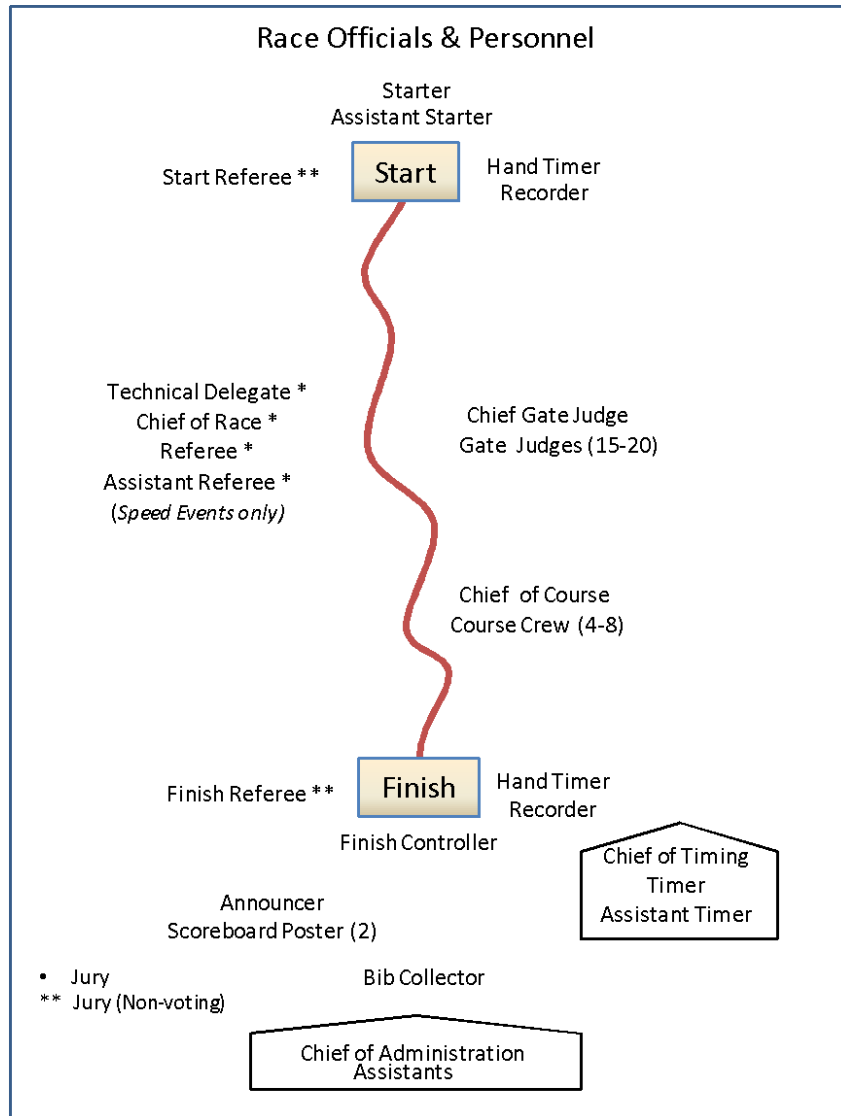
Note: The Jury may extend the deadline for submission of the written protest if a verbal protest and the deposit are received within the 15-minute protest period.

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

3.5 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 "Community," "Officials," and "Officials' Program."

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



3.5.10 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.

3.5.11 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.

The basic criteria for certification of the four levels of alpine under the National Alpine Officials program are outlined in the ACA's Officials Program Level I Manual 2010/11 (R_1,1) available at <http://alpinecanada.org/officials>, under *Officials Program*.

3.6 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 U16 and U18-U21 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. Information for individual and/or groups of racers can be retrieved from this database.

3.6.10 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

OSZ–NCD Series Handbook

the national and FIS systems, series points calculations are simple: racers are awarded points according to a table of descending values.

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

Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points
1 st	500	14 th	90	27 th	34	40 th	20	53 ^d	7
2 nd	400	15 th	80	28 th	32	41 st	19	54 th	6
3 rd	300	16 th	75	29 th	31	42 nd	18	55 th	5
4 th	250	17 th	70	30 th	30	43 ^d	17	56 th	4
5 th	225	18 th	65	31 st	29	44 th	16	57 th	3
6 th	200	19 th	60	32 nd	28	45 th	15	58 th	2
7 th	180	20 th	55	33 rd	27	46 th	14	rest	1
8 th	160	21 st	51	34 th	26	47 th	13		
9 th	145	22 nd	47	35 th	25	48 th	12		
10 th	130	23 rd	44	36 th	24	49 th	11		
11 th	120	24 th	41	37 th	23	50 th	10		
12 th	110	25 th	38	38 th	22	51 st	9		
13 th	100	26 th	36	39 th	21	52 nd	8		

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 U10, U12 and U14 racers, the overall season results and any team selections, the series points are calculated for individual runs and/or race results.

If you have questions or are looking for further information about national and series points systems, please contact the OSZ Results Official.

3.7 OSZ/NCD SETTING GUIDELINES

3.7.10 U10 Setting Guidelines

Discipline	Vertical Drop	Gate Distance
SL	100m	Vertical 4-9m, Combination 4-5m Delay 11m max Max 2 hairpins, Max 1 flush, 1 Delay 25-45 gates approximate
PSL	60-80m	Vertical 7-12m No combinations, or delays 20-40 gates approximate
GS	180m Max	12-18m Max 35 turns

Slalom: is with stubbies, no full gates

PSL: full gates 25mm

Giant Slalom: 25-27mm gates

No racing suits, snowsuits only

3.7.11 U12 Setting Guidelines

Discipline	Vertical Drop	Gate Distance
SL	100-120m	Vertical 6-10m, Combination 4-5m Delay 12m Max 2-3 Hairpins, Max 1 Flush 1 Delay 25-50 gates
PSL	60-80m	Vertical 7-12m No combinations, or delays 20-40 gates approximate
GS	Max 200	14-20m Max 1 delay, 25m Number of gates: 13-18% of VD

Slalom: Stubbies or 25mm gates (60"/5')

PSL: full gates 25 or 27mm gates

Giant Slalom: 25 or 27mm gates

No racing suits, snow suits only

3.7.12 U14 Setting Guidelines – based on Can-AM Rules

Discipline	Vertical Drop	Gate Distance
SL	Max 140m Min 110m	4-5m vertical combinations 8-10m open gates Max 3 hairpins Max 1 flush Max 2 delays (max 13m)
GS	200-250m	15-25m Max 3 delays (35m turning pole to turning pole)
SG	225-350m	25-40m Delay (min 15m) 1 jump recommended

Gates: 27mm Full Gates

3.7.13 U16 Setting Guidelines – based on Can-Am Rules

Discipline	Vertical Drop	Gate Distance
SL	Max 140m - 160m	4-6m vertical combinations 8-11m open gates Max 3 hairpins Min 1, Max 3 flush Min 1, Max 3 delays (max 15m)
GS	200-250m	20-27m Min 1-Max 3 delays (35m turning pole to turning pole)
SG	225-350m	25-45m Delay (min 15m) 1 jump recommended

Gates: 27mm Full Gates, (Men's SL can use 30mm)