

2023-2024 Alpine Ski Rule Book

MAINE PRINCIPALS' ASSOCIATION INTERSCHOLASTIC SKIING RULES

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CODE OF ETHICS FOR SECONDARY SCHOOL ACTIVITIES

The Code of Ethics for secondary school activities has been developed for the purpose of stating the behavioral expectations of all who are involved with (secondary) school activities programs.

Adherence to the Code is expected at all MPA sponsored or sanctioned activities. Reported consistent and/or flagrant violations of the Code may result in punitive action by the MPA Interscholastic Executive Committee if charges are substantiated at a hearing convened for that purpose.

In order to promote desirable behavior and enhance the over-all quality of secondary school activities programs for which MPA has assumed responsibility, the following Code of Ethics is in effect:

It is the duty of all concerned with secondary school activities programs to...

1. Cultivate awareness that participation in high school activities is part of the total education experience. No one should either seek or expect academic privileges for the participants.
2. Emphasize sportsmanship, ethical conduct and fair play as they relate to the lifetime impact on the participants and spectators.
3. Develop an awareness and understanding of the rules and guidelines governing competition and comply with them in all activities.
4. Recognize the purpose of activities in school programs is to develop and promote physical, mental, moral, social and emotional well-being of participants.
5. Avoid any practice or technique which endangers the present or future welfare of a participant.
6. Avoid practices that encourage students to specialize or that restrict them from participation in a variety of activities.
7. Refrain from making disparaging remarks to opponents, officials, coaches, or spectators.
8. Encourage the development of proper health habits and discourage the use of chemicals.
9. Exemplify self-control and accept adverse decisions without public display of emotion.
10. Encourage everyone to judge the success of the activities programs on the basis of the attitude of the participants and spectators, rather than on the basis of a win or loss.

Adopted by the MPA Membership: April 29, 1988; Revised: April 29, 1999

COACHES CODE OF ETHICS

National Federation of State High School Associations

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student-athlete should be treated as though he or she was the coaches' own, and his or her welfare should be uppermost at all times. Accordingly, the following guidelines for coaches have been adopted by the NFCA Board of Directors.

The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student-athlete and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

The coach shall uphold the honor and dignity of the professional. In all personal contact with student-athletes, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall take an active role in the prevention of drug, alcohol, and tobacco abuse.

The coach shall avoid the use of alcohol and tobacco products when in contact with players.

The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.

The coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

Before and after contests, coaches for the competing teams should meet and exchange cordial greetings to set the correct tone for the event.

A coach shall not exert pressure on faculty members to give student-athletes special consideration.

A coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

GENERAL RULES

RULE I - MEET OFFICIALS

- Chief of Competition
- Technical Delegate
- Race Committee
- Jury
- Referee
- Scorer
- Chief of Course
- Timers
- Starter
- Forerunners

LOCAL MEET COORDINATOR

Section 1 - The Meet Coordinator shall be appointed by the MPA Ski Committee and shall be a member of the Race Committee. The local Meet Coordinator shall be responsible for all the technical aspects of the competition including the selection and preparation of the courses. He/she appoints all race officials and cares for all other matters not otherwise prescribed.

The Meet Coordinator shall conduct a meeting of representatives of all competing teams and individuals prior to the first event of the meet. This meeting is to be the official opening of the meet.

TECHNICAL DELEGATE

Section 2 - Technical Delegates are assigned to each state championship ski meet by the MPA Ski Committee. The delegate will make decisions regarding safety, the conduct of individuals, and the postponement and cancellation of events. The Technical Delegate will interpret the nature of the rules and their application and the appropriateness of the behavior of coaches, competitors and spectators, as well as serve as chairman of the Race Jury.

RACE COMMITTEE

Section 3 - The Race Committee shall consist of five people and is the group to decide on matters of meet organization. The race committee is responsible for: appointing qualified adult gatekeepers, a starter and chief of timing. The Meet Coordinator shall serve as chairman of the Race Committee.

JURY

Section 4 - The Jury is responsible for all technical aspects of the race and shall decide on all issues that arise during the competition. In general, the Jury makes decisions on all questions not clarified by the rules. The Jury shall meet after each race in a designated place. Notice of the Jury meeting shall be given if a protest or other emergency matters arising out of the race have to be considered. Every member will be personally notified. No coach may serve on the jury if his or her athletes are participating in the competition.

Alpine Jury

Technical Delegate (Jury Chairperson) - Represents the Sanctioning Body (MPA) (One vote, if necessary, to break a tie) hired by the MPA.

Chief of Race - Appointed by the Mountain - Host Organization

Chief of Course - Represents the Host Organization (One vote)

Referee - Appointed by the Mountain (One vote)

MPA Representative - Voting Member of the Jury (Committee Member)

REFEREE

Section 5 - The TD shall be responsible for announcing or making known to the contestants before the meet starts any special conditions imposed by the Jury. In an Alpine event, the TD and/or the Referee must inspect the course immediately after it is set and may direct the Course Setter (CS) to change the course by taking out or adding gates as necessary. The TD can designate substitutions for officials' or personnel who have failed to appear.

In an Alpine event, the Referee shall disqualify any contestant who does not follow the racing rules or refuses to follow the rules of the officials; the Referee shall inspect the gatekeeper cards and shall post on the unofficial results board the names and numbers of all contestants who have committed a fault. The start of the protest time will concur with the posting of the last run of the event and run for the required time as stated by the TD or Referee at the pre-meet coach's meeting.

SCORER

Section 6 - It shall be the job of the MPA Ski Committee member(s) in attendance be the meet scorer and to record and complete all results and to determine team scores.

CHIEF OF COURSE

Section 7 - Each event is assigned a Chief of Course who is responsible for the satisfactory conduct of the event to which he/she is assigned with main focus on safe trail preparation and conditions, proper course set and the overall safe conditions for and throughout the meet.

TIMERS

Section 8 - The Chief Timer shall see that all necessary timing equipment is procured such as watches, radio or telephone instruments, and electronic timing. He/she shall determine and appoint such personnel to operate the above as he/she deems necessary such as timers, judge of finish, starters, radio and phone operators. He/she may act as one of the timers, or in the case of radio or telephone starting from the finish line; he/she may be the starter.

STARTER & ASSISTANT STARTER

Section 9 - The Starter & Assistant Starter shall be responsible for the warning and start signals. He/she shall be responsible for determining false starts, recording all starts (clean and false) until the final start signal is given. He/she shall be responsible for ensuring the electronic timing system is working properly. In the event of the need for hand timing, he/she shall see that his/her watch and any watches of the assistants are all synchronized with the timers' watches before the start of the race as well as after.

FORERUNNERS

Section 10 - Before the start of the first contestant in either alpine event, there shall be at least one, and not more than three, forerunners unless, because of circumstances, it shall

be deemed necessary to use more. Like competitors, forerunners are expected to abide by all meet rules and regulations. The duties of the forerunners shall be to ski through the course and report to race officials at the finish their comments of the course confirming that all gates are in place, surface conditions are safe and overall course set is proper. The time of the forerunner may be taken solely to check upon the starting and timing procedures but in no case will the forerunners' time be made public nor is the forerunner to actually race the course in either of the alpine races. The Meet Coordinator or other members of the Jury shall designate the forerunners. No coach or competitor who has team members entered shall be allowed to forerun any part of the course.

RULE II - EVENTS, CONTESTANTS, CONDUCT, AND SEEDING

- Events
- Contestants
- Injury and Illness
- Conduct - Coaches and Competitors
- Use of Prohibited Substances
- The Draw, Seeding, Race Numbers and Order

EVENTS

Section 1 - The events in the alpine skiing championship event shall be Giant Slalom and Slalom.

CONTESTANTS

Section 2 - In order to participate in the state meet, a competitor must have competed in a minimum of four events regardless of the discipline he/she is entered unless mitigated by the MPA Ski Committee due to weather related complications during the season. Medical appeal must be made to the committee chair two weeks in advance of the state meet. Medical documents must be supplied.

Section 3 - A school may compete with all team members on the MPA roster in a championship meet. Six competitors from a school may compete in each alpine event, with the best four finishers to count in the team scoring.

INJURY AND ILLNESS

Section 4 - In case of injury or sickness to the contestant prior to the orientation meeting, a substitute may be made from the original duly entered list of team members. In case of injury or sickness after the orientation meeting, substitutions may be made upon certification of need by the Referee. Any substitution shall take the starting position of the competitor replaced. The running order of the team may not be changed during the championship meet.

CONDUCT- COACHES AND COMPETITORS

Section 5 - All coaches must meet MPA Coaches' Eligibility Standards to be working with athletes at any **MPA** ski meets.

Section 6 - All competitors and coaches are expected to conduct themselves in a respectful and sportsmanlike manner and to present a personal appearance that will reflect the highest credit upon the sport and their institutions. Swearing or other unsportsmanlike behavior will cause contestants to be referred to the jury for review and consequence up to

disqualification. If the jury decides to disqualify from the event they are, or have just competed in, it will result in the forfeiture of all points earned in the meet. Coaches and competitors who bring discredit to their school, the MPA, or the sport by failure to conduct themselves in a sportsmanlike way, shall be barred from further meet participation by the TD. If a coach is disqualified and there is no other qualified person to supervise the team, the team may not continue to participate in the meet. Unsportsmanlike activity by a coach or a spectating rostered athlete will be referred to the jury with understanding that points may be deducted from the team score up to 50 points. School principals will receive written notification of any coach or contestant disqualification.

USE OF TOBACCO PRODUCTS, ALCOHOLIC BEVERAGES, AND ILLEGAL DRUGS

Section 7 - The use or possession of tobacco products, alcoholic beverages, or illegal drugs is prohibited at any MPA sponsored meets. Any violation will be cause for disqualification of the competitor from further meet participation by the TD. This determination may not be appealed. Any points scored, or awards received by a disqualified competitor will be forfeited. School principals will receive written notification of any contestant's disqualification.

THE DRAW, SEEDING, RACE NUMBERS, AND ORDER

Section 8 - The starting order of the members of each team shall be decided by the team's coach. Coaches shall submit their team's starting order to the Meet Coordinator as part of their entries. Coaches shall have the option of passing any rounds if the entry is short of maximum.

Section 9 - The Meet Coordinator shall draw team groups. In the alpine events, each seeding group shall not exceed the number of teams entered. Only one team member per school will be seeded in each group. Individuals will be seeded the same as teams are seeded.

Section 10 - One drawing shall be made for each event. Seeding will reverse for the second run.

Section 11 - Race numbers will be assigned for each event to correspond with the individual's starting position. Bibs are to be worn over the outer garment from the time the event facility is available for inspection or practice until that event is over.

Section 12 – In the state meet run orders will always show as girls running first, followed by boys particularly in GS where both genders will typically run the same course. In slalom it is desirable to have separate courses for girls and boys for both the first and second runs.

WAXING

Section 1 - Private ski entities and ski businesses may not wax ski equipment at meets.

Section 2: Only fluoro-free wax can be used in MPA Championship events by all Alpine competitors.

RULE III - TIMING AND SCORING

- Timing Personnel
- Scoring

TIMING PERSONNEL

Section 1 - The Chief Timer will set up and use an electronic timing apparatus for the races as well as having a sufficient number of timekeepers, the Starter, and necessary recorders.

Section 2 - The assistant timekeepers shall work with the Chief Timer to ensure the success of the timing system. There should be at least three timekeepers for every event, the Chief Timer and two assistants.

Section 3 - The Recorder shall be responsible for recording the finishing time of each racer as given to them by the timer. In recording the information given to him/her, he/she shall repeat it to the timer in alpine events to avoid errors. He/she shall not give out any official results. Unofficial times shall be announced or posted at the scoreboard area away from the start or finish areas.

Section 4 - The Starter and Assistant Starter shall be responsible for summoning the contestants in order to the starting line and in ample time for them to start at the listed time. They shall check off each contestant on the starting list as they start.

Section 5 - The Start Referee shall be responsible to see that the Starter carries out his/her duties according to the rules and should take immediate action to rectify any discrepancies by the Starter, assistant starter, or contestants. He/she shall rule on false starts and recall of contestants. This job, and that of the starter and assistant starter, is often done by the same person.

Section 6 - Electronic/digital stopwatches or electronic timing will be used for the timing of all events.

Section 7 - Electronic timing defines the contestant's time is to be the period between the breaking or making of the starting contact and the contact at the finish. The contact to be broken at the finish shall be placed at a height of 10 to 20 inches or 25 to 50cm above the ground. Hand timing must always be used in addition to electronic timing as backup to the electronic timing.

Section 8 - When the electronic timing temporarily fails, the times recorded by hand shall be accepted and to those times shall be added or subtracted, as the case may be, a time equivalent to the average difference between the times recorded by electronic timing and by hand. If the electronic timing breaks down completely during the race, the times taken by hand throughout the entire race shall be valid.

Section 9 - Electronic timing results will be reported to the nearest hundredth of a second. If hand timing is used at any point in the competition due to failure in the electronic timing system, hand times will be reported to the nearest tenth of a second.

SCORING

Section 10 - Scoring in the Alpine events is by finish points assigned to places with 200 finish points to the first-place finisher, 199 to second place, continuing with one point lower for each place. If there are more than 200 racers, all finishers from 199 beyond will be awarded one place point. The highest team score is the winning team. In the Alpine championship, team scores from both days will be added together for the overall team score that will determine the Alpine state champion.

Section 11 - A team score is determined by adding up the finish points of the team's first four finishers. In the event of a tie, racers receive finish points equal to the tying place. (Example: If there is a tie for third, both skiers are awarded 198 finish points, there would be no fourth place, and the next place would be fifth.) The 5th and 6th finishers for each team do not score finish points, but they displace points for scorers from other teams. All teams with at least one skier finishing at least one of the alpine races will earn a team score. The team score for a team with fewer than four finishers will be the sum of

the finish points for those that finish in each race. There are no longer any ghost scores in the team scoring.

RULE IV – PROTESTS

Section 1 - All protests must be submitted in writing by the coach using the MPA Protest Form. The protest must be accompanied by a \$35 fee before the Jury of Appeals may meet. If the protest is upheld, the \$35 fee will be returned to the school, if it is denied the fee remains with the MPA.

Section 2 - No protest against the qualifications of a contestant to compete in a particular event, or against the conduct of a contestant in a particular event, shall be considered by the Race Jury unless reported in writing to the Referee within THIRTY MINUTES as described in Rule 1, Section 5. Disqualifications must be posted after each run. All athletes will be allowed a second run regardless of the first run result. The protest period starts with the unofficial posting of the results of the last run of the event and ends 30 minutes later. This means that if the boys ski first followed by the girls, the protest period will commence with the unofficial posting of the girls' last run results.

Section 3 - Protests concerning an error in timing must be made in writing to the Referee or member of the Jury within THIRTY MINUTES after the official results have been posted on the official notice board.

Section 4 - Contestants in an alpine race who desire to protest the decision of a gatekeeper shall submit a written protest through their coach within THIRTY MINUTES from the official posting of disqualifications.

The Race Jury shall, at the completion of the event, summon such officials as they deem necessary to consider any protest and to hear the evidence of any officials or witnesses who have witnessed the event in question. The burden of proof shall rest upon the contestant, and the gatekeeper's decision shall be accepted in the absence of weighty evidence that an error has, in point of fact, been committed. **Deliberations will be made by the Jury in private.**

Section 5 - No protest against disqualification by a race official shall be considered by the Jury unless the protest is made in writing to a member of the jury within THIRTY MINUTES of the UNOFFICIAL posting of results.

Section 6 - A complaint based on an alleged error in calculation of the results shall be considered by the **MPA representative** if reported during the course of the meet. Such a protest made at a later date must be made by the Athletic Director of a competing school by Registered Mail to the **MPA office** within one month of the date of the race. If the mistake shall be proven, correct results shall be published, and the awards redistributed as necessary.

Section 7 - **After the protest has been filed by the coach**; individual contestants may appeal to the Race Jury in person or may be represented by their coach.

Section 8: Video in defense of a disqualified athlete, but not for creation of a disqualification, may used by the jury.

RULE V - EVENT OFFICIALS

- Chief of Course
- Chief of Gatekeepers

- Gatekeepers

CHIEF OF COURSE

Section 1 - The Chief of Course for an alpine event is responsible for the preparation and maintenance of the course as decided upon by the Chief of Competition. He/she must be well acquainted with the snow conditions of the area so that he/she can make the right decision in case of snowfall or bad weather conditions. The Chief of Course shall have charge of all persons connected with the course. He/she shall be responsible for laying out the course, or assigning this duty to a qualified course setter, and for the conditions of the course as selected. The Chief of Course, along with the Meet Coordinator, is responsible for the safety precautions of the course and for the location and placement of all safety fencing or netting (A and/or B). Start and finish corrals are part of this responsibility and must be inspected and approved by the TD.

Course setting may be carried out by designated coaches or by site designated course setters. If the latter, the course setter will be assisted by a volunteer coach chosen by the MPA at least two weeks prior to a state meet. Designated coaches for course setting will also be on a volunteer basis and chosen by the MPA at least two weeks prior to a state meet.

COURSE CREW (CC)

These people are on skis sweeping the course periodically while the competition continues. The CC should be made up of members of the local host mountain crew who are familiar with the location of course access, equipment, spare gates, rakes, drills, gate wrenches, etc. Their presence frees up the Gatekeepers to better perform their job of appropriately marking their card.

Section 2 - While the Chief of Course may be solely responsible for the setting of controls and directional flags on the course, these duties may also be assigned to an official known as the Course Setter.

HEAD GATEKEEPER

Section 3 - The Head Gatekeepers organizes, directs, and controls the gatekeepers. He/she shall place each gatekeeper in position and designate the gates which he/she is to tend. At the end of each run, he/she shall collect the gatekeepers' cards and transmit them to the Referee with all possible haste.

GATEKEEPERS

Section 4 - A gatekeeper must be an adult and have complete knowledge of the rules for his event. Their judgment shall always be clear and impartial, their behavior calm, vigilant, and careful. Gatekeepers should wear special bibs for proper and quick identification. Gatekeepers should be in position 30 minutes prior to the scheduled start of the race.

Section 5 - Gatekeepers' duties include:

- A. Watching passage through gates. A gate has been passed correctly when a skier has crossed a line between turning poles with both feet.

In the event that a competitor misses a gate the skier must climb to the missed gate and do a loop around the pole, in either direction, then proceed.
- B. Control card and course repair. After a contestant passes the gate, the gatekeeper, before doing anything else, must mark the control card. In case of disqualification, the gatekeeper must mark the card and draw a diagram showing how the skier disqualified.

- C. Disqualifying. The gatekeeper shall disqualify a competitor only when they are absolutely convinced that a mistake has been made. In case of a protest, they must be able to explain clearly and unequivocally how the fault occurred. The gatekeeper may even ask for the competition to be interrupted for a short time in order to check the tracks on the course or marks on the poles. However, the opinion of the public must not influence a gatekeeper's judgment, nor shall they accept the opinion of any witnesses who have not seen the event from the immediate proximity, even if they are experts. The jury may use all evidence deemed appropriate, including evidence of other meet officials, and including video evidence in defense of a disqualified athlete, but not for creation of a disqualification.
- D. Watching for obstructions. The gatekeeper must carefully watch that the contestants are not obstructed by third persons and that they, as well as the gatekeeper, stand well out of the way. Should an obstruction occur, the gatekeeper should note the exact circumstances on their card and explain them to the Referee who can then authorize a re-run.
The gatekeeper should only move lost equipment in the event that it will cause an obstruction or hazard to the next oncoming racer(s), but not to interfere with the owner of the lost equipment from gathering their equipment in order to continue their run.
- E. Not revealing decisions. The gatekeeper may not reveal any information regarding disqualifications before the end of the race.
- F. Gatekeeper Instructions. During the race, a gatekeeper must respond to competitors' questions with the commands "GO" or "BACK". The gatekeeper should offer directions when appropriate.
The contestant has the responsibility for knowing the course and requesting instructions.
- G. Conclusion of runs. At the conclusion of each run, the gatekeeper shall remain in position and the Chief Gatekeeper shall collect all signed gatekeeper cards and give the disqualifications to the Referee for posting. If faults are noted, the gatekeeper shall report to the finish area until released by the Referee.
- H. Slalom race control. A gatekeeper for a slalom race shall control not more than four gates, if possible. Their duties begin when the contestant passes through the first of the gates they control.

RULE VI - PREPARATION FOR ALPINE EVENTS

- Events
- Course Setting Guidelines
- Course Safety Guidelines
- Starting Area Guidelines
- Finish Area Guidelines
- Giant Slalom
- Slalom

EVENTS

Alpine events include the Giant Slalom and Slalom races.

COURSE SETTING GUIDELINES

Section 1 - The alpine events in an interscholastic ski meet are giant slalom and slalom. The sites for these events must be prepared prior to the meet.

Interscholastic slalom and giant slalom courses must be kept simple and consistent with the accepted norm for alpine courses. All closed gates, or combinations must be set to direct the racer "over the top". This tends to eliminate the chance of running gates backward and becoming confused or lost in a course. All courses shall be set so that the great majority of racers can complete the course without falls or undue confusion. Courses shall have a smooth, natural flow and rhythm. In Slalom and Giant Slalom competition an under gate, used alone and not in combination, is permissible, but it too shall conform to the requirements of a smooth, natural flow and rhythm. If a rhythm change is necessary due to a terrain change, the transition shall be a gradual one. All gates in a slalom course shall require a turn, except the last three gates, which should direct the skier to the finish. The use of breakaway gates in alpine events is required at the State Meet. All races will utilize electronic timing. The Meet Coordinator shall notify all coaches where the official scoreboard is located with posted inspection time, start time, and disqualifications.

COURSE SAFETY GUIDELINES

Section 2 - In order to ensure proper safety measures, the following regulations shall be followed when selecting and setting the courses:

- A. The course must be cleared of all rocks, stumps, and other obstacles.
- B. The course must not include bumps that throw contestants high into the air.
- C. On the outside of fast turns there must be plenty of room for a contestant to fall clear of any obstructions.
- D. No artificial obstacles may be built in.
- E. That part of the course where control gates are placed and where competitors have to turn should be prepared with hard firmly packed snow.
- F. Lift towers must be padded and/or fenced.
- G. Proper B net use & installation is required and reviewable by the TD.

A race should be held on a safe and consistent surface, as reviewed and confirmed by the Chief of Course. The Chief of Course shall ensure that adequate course maintenance be provided to maintain this safe and consistent surface. Course maintenance should be done continuously and indiscriminately throughout an alpine race. If needed, the recommended snow additives to lower the freezing point and harden the snow is ammonium chloride for above freezing conditions and sodium chloride (rock salt) for below freezing conditions. These preparations should be added to the snow on the course at least 30 minutes before race time.

STARTING AREA GUIDELINES

Section 3 - The start area should be closed off so that only the starting racer and officials concerned with the start are located there. The start gate must consist of two gates or posts spaced adequately to allow the safe passage and accurate triggering of the electronic timing for all athletes through the start. In addition to the start gate, appropriately mounted timing equipment will be placed that will allow for accurate start contact recognition but will not impede the athlete in any way.

The start area should be level and large enough so that the racers can comfortably position themselves with the toes of the boots up to the imaginary line between the gates or posts of

the start. If an electronic start system is used (electronic beeps rather than a voice command) then the start command will be a series of five short beeps followed by a long beep indicating the "Go" command. No running start is allowed.

The start shall be prepared in such a way that competitors can stand relaxed on the starting line, and can quickly reach full speed after leaving the start.

A racer is on course and his time begins when he passes through the starting gate and the electronic timing has been triggered.

All times will be reported to the nearest hundredth of a second via electronic timing and to the nearest tenth of a second if and when back up hand timing is utilized.

FINISH AREA GUIDELINES

Section 4 - The finish area must be plainly visible to the racer approaching the finish. It must be at least 10 meters wide, with a gently sloped smooth outrun. It must be especially well prepared and smoothly packed to make stopping easy. In marking the course, particular attention should be paid to directing competitors across the finish on a natural line adapted to the terrain. The first and last gate of any alpine course other than the start and the finish must be an open gate leading to this natural line.

Fencing and other appropriate safety measures should be used to prevent any possibility of a collision with the finish structures, spectators, or other skiers. For racers who have finished their runs, a special area separated from the actual finish might be provided, where results can be seen or obtained. Only race officials should be allowed in the finish area.

Section 5 - The finish line is marked by poles, which are connected with a banner with the sign "Finish" whenever possible. More often, a system of three slalom poles on each end of the finish line is used where they are arranged in a 10 inch or 25cm triangle with no banner connecting them. In determining the width of the finish, the speed of the racers, the terrain, and the snow conditions must be considered. As a rule, the width of the finish gate may not be less than 30 feet or 10m. The finish line can also be marked by soft poles or flex gates with vertical banners on each side indicating, "FINISH" whenever possible. There should be nothing solid used at the finish other than components of the timing lights. These can be protected with wedge bags, but not by unprotected hay bales. The use of just three flex gates on each side of the 10 meter finish line is also acceptable. No banners or other connections shall be placed or suspended over the finish line, other than the "FINISH" banner previously described.

GIANT SLALOM

Section 6 - The giant slalom course should utilize as much terrain as possible, take from 50-80 seconds to complete and consist of two runs on the same or separate courses. If a giant slalom run is less than 50 seconds, two runs are required. In the event of a second run in championship competition, the seeding will reverse for the second run but the individual running orders will remain the same. The two runs may be made on the same or separate courses.

Section 7 - Setting of the giant slalom gates:

- A. The poles are the same as those used for slalom except that there are two poles per gate connected by rectangular panels. It is recommended that rectangular panels 75cm wide and 50cm high be stretched between the poles in such a manner that the lower edge of the panel is about one meter above the snow. If it is not possible to have these panels, then all four poles of the gate should be the same color.
- B. The gates will be red and blue. Consecutive gates must have alternating colors. The courses are to be set in a single turning panel or gate mode. The first, last, and any

under or delay gate (the second gate in three gate delay series) will have two panels making up those gates.

- C. The position of the poles must be marked on the snow to ensure exact replacement in case they are knocked down.
- D. The gates must be 13 feet or 4 meters and, at most, 26 feet or 8 meters wide. The distance between the turning poles must be at least 18 meters, but no more than 27 meters apart. Under or delay gates may be used with no more than 10 meters between successive gates with no more than a total of 35 meters from turning pole to turning pole.
- E. It is recommended that the number of gates in giant slalom be 15% of the vertical drop of the course in meters plus or minus five gates.
- F. The final gate will be at least 15 meters from the finish line.
- G. The course will be reset between 1st and 2nd runs whenever possible.

SLALOM

Section 8 - A slalom course should take from 30-50 seconds in total time per run, with two runs making up the race. It is required that the two runs be made on separate courses, unless weather or safety concerns dictate that they be run on the same course.

Section 9 - A slalom gate shall consist of round poles of alternating colors, approximately one to one-and-one-half inches in diameter and high enough to appear six feet above the snow. The poles shall not be more than two inches in diameter at the base. For Championship meets breakaway or flexible hinged poles shall be used for all gates on the course. Visible dye shall be applied to the snow at the base of each pole to ensure exact replacement in case it is knocked down. If a course has been changed for a second run, a different color dye should be used.

Section 10 - The first, last and any under or delay (the second gate in a three gate delay series) gates of a slalom course are the only gates that have two poles and shall be from 13 feet or 4 meters to 19 feet or 6 meters wide. A slalom course shall be set with distances between turning poles at 9 to 11 meters for open gates and 4-6 meters in any combinations. In combinations, the distance between the two vertical poles nearest each other must be at least 30 inches or 0.75 meters apart and not more than 39 inches or 1.0 meter apart. All delays or "under" gates are to be set 12-15 meters apart (from first pole of the three gate delay series to the third pole at the end of the three gate series) with the distance from the first pole of the three gate series to the second pole of the three gate series being no more than 6 meters. Each course for the state meet should have a minimum of 3 hairpins, 1 delay and 1-three gate vertical combination or four gate vertical combination ("flush or royal flush"). The first three and last three gates in any slalom should be open gates. The final gates must be no closer than ten meters from the finish line and lead the racer on a line through the center of the finish gate.

RULE VII - ALPINE COMPETITION

- Successful Completion of Course
- Helmets
- Training on Course
- Wearing of Bibs
- Forerunners
- Disqualifications

- Obstruction
- Reruns
- Alpine Start
- Early Alpine Start
- Late Alpine Start
- Missed Alpine Start
- Finish Procedure

SUCCESSFUL COMPLETION OF COURSE

Section 1 - The natural race line is an imaginary line from one turning pole to the next which the racer has to cross with both feet and ski tips in order to successfully complete a course. If a racer, at any time during his/her run, has failed to cross the natural race line between any turning pole within the course, the racer must climb back up and circle around the turning pole in question in order to cross that natural race line, otherwise the racer will be disqualified.

HELMETS

Section 1 – Teams/skiers entered in the Giant Slalom and Slalom races are REQUIRED to wear undamaged hard-shell helmets following the USSA/FIS Helmet Regulations. Equipment is the responsibility of the athlete and in the case of a minor, their parents or guardians. Equipment must be maintained and utilized in accordance with manufacturer's instruction.

Helmets designed and manufactured for the specific event of ski racing being contested are required for all competitors and forerunners in all USSA events and official training. Helmets must bear a CE mark and conform to recognized and appropriate standards such as CEH.Din 1077, ASTM F2040, SNELL S98 or RS 98. The CE mark (pictured here) shall be affixed in a non-removable way on the back of the helmet in a visible location not covered by the goggle strap.

All participants in MPA races must use helmets that meet the new FIS standards for all MPA GS competitions.

Helmets must cover the head and ears. Helmets with spoilers or edges that stick out are not permitted. Protective features integral to the event being contested, such as chin guards on SL helmets are permitted. Soft ear protection is only permitted for helmets used in SL.

Helmet mounted cameras are not allowed on helmets in official training or competition. MPA does not wish for officials to disqualify or deny entry or starts to an athlete because the athlete has personalized his/her helmet with stickers, glitter, helmet cam mounts or other applications.

The MPA does not specify nor recommend nor make any warranties as to the fitness for use of any particular ski helmet design or brand name. MPA undertakes no responsibility, liability or duties to any competitor in connection with the requirement that helmets be utilized. It is the sole responsibility of the competitor to select an appropriate helmet for accident protection in ski racing.



Caution: Age and use affect the protective qualities of all safety helmets. Some older helmets and any helmets that have been damaged either in a racing fall or from other impact may no longer provide sufficient protection – even if there are no visible indications of damage.

Anyone with questions regarding their helmet should contact the manufacturer for any specific guidelines regarding its safety or use.

Any athlete with a questionable helmet at the start of the race, will be required to have the helmet inspected by the Head Starter. If the Head Starter deems the helmet to be nonconforming, then the racer will be pulled from the start line, given time to find a conforming helmet and reinstated into the run order as determined by the Head Starter. If the athlete cannot find a conforming helmet, the athlete will not be allowed to compete, resulting in a DNS (Did Not Start).

If an athlete, who has completed their run, is found in the finish area to have a nonconforming helmet by any official and confirmed to be so by the TD or other member of the Jury, the athlete will be disqualified.

BINDING LIFTERS

Section 3 - The maximum lift will be 55 mm measured from the base of the ski to the top of the surface of the binding heel plate. (See Rule 4, Section 2)

TRAINING ON COURSE (SHADOWING)

Section 4 - Training on a course is defined as actually skiing the course in whole or by sections. Contestants shall not be allowed, under penalty of disqualification, to train on the course. Shadowing or skiing sections of the course shall also result in disqualification. Contestants may, however, inspect the course utilizing the method authorized by the Race Jury. The decided upon method must be made available to all coaches and will be disseminated at the Team Leaders' Meeting held prior to each alpine event. Each team must have representation at the Team Leaders' Meetings.

Section 5 - All control gates shall be placed in final position at least one hour before the start, for the first event of the day, or one-half hour before the start for the second or any succeeding race of the day. The competitors shall be permitted to examine the course after it is finally prepared. During course inspection, competitors are not allowed to practice a turn parallel to or similar to any turn required by the course under penalty of disqualification.

WEARING OF BIBS

Section 6 - Racing bibs must be worn outside and be clearly visible ***with numbers showing*** at all times during course inspection and until the end of the race. (With the approval of the host site, correctly marked school bibs may be worn.)

FORERUNNERS

Section 7 - Prior to the start of competition, the Race Committee shall supply ***experienced, adequately equipped*** forerunners. Times shall not be announced but may be recorded. No more than three (3) forerunners will be allowed unless problems with the weather or snow conditions warrant more. This decision would be made by the Race Jury.

DISQUALIFICATIONS

Section 8 - A giant slalom and/or slalom competitor may be disqualified if he/she:

- A. enters a race under false pretenses,

- B. trains on a closed course or changes or improves a course in any way,
- C. makes a false start,
- D. fails to complete the course on two skis unless one is lost no higher than two gates above the finish line,
- E. receives help of any kind unless he/she has tried to avoid it,
- F. if upon being overtaken, does not give way at the first demand,
- G. fails to pass through all gates as required,
- H. does not properly wear his/her official start number or alters it in any way,
- I. interrupts or disturbs another competitor during his/her run,
- J. fails to cross the finish line with both feet,
- K. deliberately handles a pole to aid progress or alters the position of the pole in any way.
- L. fails to follow proper procedure during course inspection,
- M. displays any unsportsmanlike conduct.

OBSTRUCTION

Section 9 - If there is any obstruction which in the mind of the racer warrants a rerun while he/she is on the course, he/she must IMMEDIATELY ski off the course and go directly to the finish area WITHOUT CROSSING THE FINISH LINE and make an appeal to a member of the Jury. If an athlete exits the course due to a perceived obstruction, proceeds to the finish area, BUT CROSSES THE FINISH LINE IN THE PROCESS, this athlete will not be granted a rerun and will be disqualified.

Moving a competitor's equipment for safety reasons will not constitute grounds for a rerun.

RERUNS

Section 10 - A racer in giant slalom or slalom may appeal to the Referee or another member of the Race Jury for a rerun if any of the following incidents have hindered his/her run:

- A. Obstruction of the course by an official or spectator.
- B. Obstruction of the course by an animal.
- C. Obstruction of the course by a racer who has fallen and has not cleared the course on time.
- D. Objects on the course such as ski poles abandoned by a racer who has fallen.
- E. First aid measures which interfere with the racer.
- F. Absence of a gate knocked down by a preceding racer, wind, etc. and not replaced in time.
- G. Any other similar occurrence outside the racer's control which slowed him/her down or lengthened the course, thus, significantly influencing his/her time.
- H. Failure of timing.

ALPINE START

Section 11 - In alpine events, a starting racer must stick *his/her* poles into the snow in front of the start line or wand or where indicated by the Starter and may start only with the help of the ski poles. Pushing off from the starting posts, kick boards or the use of other aids is forbidden. No one is allowed on these starting areas except the starting personnel and the starting racer.

Section 12 - As soon as the Starter has received the order for the next start, the Starter gives the racer the command "Racer Ready" and five seconds later counts "5-4-3-2-1" followed by the start command "Go". The racer must start within 5 seconds before or after the command "Go" or in essence the racer can start as soon as the Starter starts the "5-4-3-2-1" count down or within five seconds after the Starter announces the start command "Go". If the racer has not left the gate within the five seconds after the "Go" command, the Starter will open the timing wand and announce that the timing has begun.

EARLY ALPINE START

Section 13 - If the racer starts more than 5 seconds before "GO" they will be disqualified unless they return and pass through the start gate with both feet when summoned "BACK" by the Starter. The Starter must call "BACK" to the racer. Their time starts when they first pass through the start and continues until they finish their run or drop out. The Start Referee informs the Referee of the start numbers and names of the racers who made early starts and/or did not return to the start when summoned.

LATE ALPINE START

Section 14 - If a competitor does not start within 5 seconds after the start command "GO", the Starter shall open the start wand and inform the competitor that their time has started. Their time shall continue until they finish or drop out of their run. A competitor who starts late must not interfere with the start of other competitors.

MISSED ALPINE START

Section 15 - In alpine events, a competitor who is not ready to start at the time indicated by the Starter will start at the end of the run, just before the last racer on the run order. The Referee or the starter may excuse such a delay if, in his/her opinion, the delay was justified.

FINISH PROCEDURE

Section 16 - In determining the finish with electronic timing, the time is taken when a competitor crosses the line between the finishing posts with any part of his/her body or equipment and so breaks the contact. The time can, therefore, be taken for a fall at the finish before both of the competitor's feet have crossed the line between the finishing posts. However, for this time to be valid, the competitor must immediately cross the line between the posts with both feet. With back-up hand timing, the time is taken when the first foot crosses the finish line. Both feet must eventually cross the line. The Finish Judge is responsible for all such decisions.