
TABLE OF CONTENTS

A. INTRODUCTION	2
B. RACER ELIGIBILITY	2
C. TEAM MEMBERSHIP	3
D. RACE ORGANIZATION	5
E. RACE RULES	10
F. DISCIPLINARY ACTION/SANCTIONS	12
G. REPORTING	13
H. SCORING	13
I. ADDITIONAL EVENTS	15
J. COURSE SETTING GUIDELINES	18
K. ALPINE RESPONSIBILITY CODE	18
L. HUSKY SNOW STARS	20
M. K1 INDIVIDUAL	20

A. INTRODUCTION

1. The Swiss Chalet K1 League is for the "graduates" from Nancy Greene League who are 11-12 years old. League emphasis is still on skill development.
2. Competition is a team format and teams compete in Stubbie Slalom, Paneled slalom, Giant Slalom and Slalom.
3. There are Tier I and Tier II semi-finals (full gate Slalom) and finals (GS) to conclude the league program and a K1 Provincial Championship.
4. Complete Downhill, GS or SL suits will be allowed in Swiss Chalet K1 League races.

B. RACER ELIGIBILITY

1. Any Alpine Ontario South Division (AOSD) member club in good standing shall be eligible to organize teams within the southern Ontario ski league.
2. All team members shall be members in good standing of their sponsoring ski club and Alpine Ontario South Division.
3. The entry fee for each racer entered into league racing competition must be paid through members home club to Alpine Ontario on or before January 1st, 2010.
4. The age category will be 11-12 year olds. No person who has reached their thirteenth (13) birthday or has not reached their eleventh (11) birthday by December 31st, 2009 shall be eligible for membership on any team entered in the Swiss Chalet K1 League.
5. Swiss Chalet K1 league racers are allowed to participate in K1 Individual races provided it does not conflict with their league races. Such entries are at the discretion of the Club Head Coach, provided that the skier is capable of skiing

safely and competitively in the race.

6. K1's are allowed a maximum of 16 race starts.
7. K1's are not allowed to have a competitor number or receive national points.

C. TEAM MEMBERSHIP

1. Number of Racers

- a) A team will consist of no more than thirteen (13) members and is recommended to have no less than seven (7) for Competition.
- b) Clubs who wish to carry additional racers on a team (suggested max 14) must contact the AOS Race Manager prior to the start of the race season.
- c) All team members approved by the AOS Race Manager will be allowed to score, to a maximum of 14 – teams carrying more than 14 will have to declare their scoring athletes prior to the race.
- d) The AOS Race Manager will send a list of the Teams allowed to carry extra racers to each Clubs race administrator.

2. ONLINE MEMBERSHIP ACA WAIVER

- a) Each AOSD League racer must complete the MANDATORY online Alpine Canada registration/waiver before she/he is allowed to race.
- b) NO racer shall compete in any AOSD League race without having completed the Alpine Canada online waiver.
- c) There will be no exceptions

3. TEAM DECLARATION

- a) The Club Race Coordinator / Team Manager must

complete the Online “TEAM DECLARATION FORM” at least 1 week prior to the start of the first scheduled race in a series, ALL team members must be included. You will not be able to add an athlete to your Team Declaration if they have not completed their online waiver

- b) AOSD League racers will only be permitted to race on ONE (1) League Team unless granted permission from the AOS Race Manager
- c) Team members that are declared in spots 8 - 13 on the team declaration form may be moved from one team to another team prior to the third scheduled race. Changes must be emailed to and approved by the AOS Race manager admin@alpineontario.ca
- d) NO Changes will be permitted after the third (3rd race) with the exception of a season ending injury or illness to an athlete (see C. 4)
- e) During the course of the racing season, new skiers may be added to the team prior to the 3rd event. The Team Declaration MUST be updated to ensure the online waiver was completed to cover the skier under the same conditions outlined above.

4. Athlete Injury

NOTE: THIS ONLY APPLIES IF YOU HAVE 13 RACERS OR LESS ON YOUR TEAM

- a) In the event a member of team suffers a major injury or prolonged illness which will preclude that racer from competing in all remaining races for that year, the club may replace the injured racer with another racer who may (but need not) be a member of another team.
- b) If the replacement racer is a member of another team,

the club shall be permitted to fill the spot vacated by the replacement racer, and all subsequent vacancies, in the same manner.

- c) If the club proposes such a replacement, the AOS Race Manager must be contacted via email admin@alpineontario.ca within 6 days of the injury or illness, informing her of the replacement.
- d) All such replacements shall be effective for the remainder of the season
- e) A RACER IS ONLY PERMITTED TO BE RACING ON ONE (1) TEAM

D. RACE ORGANIZATION

1. Overview & Schedules

- a) Alpine Ontario South Division shall be responsible for the organization of all AOS Leagues and schedules
- b) A staff member of AOS along with a member of the AOS leagues committee will supervise the administration of league racing activities.
- c) It is entirely acceptable for all managers involved to change the date and/or location, if it is mutually agreeable by all six teams and the Alpine Ontario South Division AOS Race Manager is advised prior to the race in writing (excluding semi-finals and finals).
- d) Once the league schedule is set, any team that refuses to participate in a race for no apparent reason will be disqualified and forfeit the race and not be eligible to participate in the AOS League Finals
- e) Teams will be disqualified if any team changes the schedule without the knowledge and confirmation of the AOS Race Manager. Teams will be barred from further

competition for the remainder of the season.

- f) It shall be the responsibility of the Alpine Ontario South Division office to establish a schedule of races to be held by each area group as well as the semi-final and final races.
- g) It shall be the responsibility of the team managers to contact the host club and confirm time and place of each individual race within the schedule.
- h) It shall be the responsibility of the Alpine Ontario South Division office to keep a record of all results for all AOSD League races

2. Jury Composition

- a) A Jury must be formed prior to the race (complete Jury Roster form).
- b) Each participating team shall appoint one member to the Jury. The Jury members should be a minimum Level 1 official or CSCF Level 1 coach with knowledge of race rules, procedures and responsibilities.
- c) The League Technical Delegate will be the final Jury member, who shall act as chairman.
- d) The chairman shall only vote in the event of a tie.

3. Responsibilities of the Jury

The Jury monitors the adherence to the rules throughout the entire race.

They have the following general responsibilities:

- Application implementation and enforcement of the rules and modifications as set out by FIS, ACA and AOS (AOS rules and modifications being those indicated in the league rule books).
- Course inspection – prior to start of training and race and

during the race

- Supervision of start and finish
- Rights to: Cancel, interrupt or postpone a race; change start interval; shorten the course
- Rules on all provisional runs and protests
- Approve the methods of timing and calculation

4. Duties and Responsibilities of Jury Members

Each member of the jury must sign off on the League Safety Form in order for the race to begin. It is important that each jury member carefully inspect the course and race environment.

In addition, each jury member must be available throughout the race and immediately at the completion of the race (in a pre determined location) to deal with any DSQ's, protests and disciplinary issues.

It is also imperative that each jury member has a thorough knowledge of the race rules and calculations of race results

- DSQs and protests are to be dealt with prior to scoring.

5. League Technical Delegate

- a) Must have a minimum qualification of a Level II Official or a Level II CSCF
- b) League Technical Delegate's responsibilities are:
 - Oversee all safety aspects of the event
 - Be visible on the hill before, during and after the event. Wear the Technical Delegate armband at all times.
 - Be present for the entire event.
 - Ensure that the course is properly inspected by the coaches and athletes before the race commences
 - Record any comments specific to safety.

- Complete and sign the League Technical Delegate report prior to the race.
- The League Technical Delegate should not have other responsibilities at the race in addition to performing the function of the Technical Delegate
- Leagues Technical Delegate will Chair the Jury and vote only if there is a tie

6. Scoring

One manager (or appointed person) from each team to be present at time of scoring.

It is suggested that scoring be done both electronically and by hand

Host club must provide a suitable area for club representatives to hand score.

7. Start List and Format

- a) A league race shall be an event in which groups having four and six teams would run as two team races and groups having five teams would run as two and three team races.
- b) Each team **MUST** submit their start list via email to the Host Club on Wednesday prior to the race.
- c) The start list will consist of the competitor's last name, first name, gender, age, club on the start list template provided by AOA.

8. Race Runs

- a) There shall be two runs for each team member (even for first run DSQ's and DNF's) but under unfavorable conditions the second run may be waived by the jury.
- b) Both runs shall be in consecutive bib order.

9. Host Club Responsibilities

- a) The club designated as “HOST CLUB” on the league racing schedule shall be responsible for the administration of the race this includes:
 - Course setting
 - Course Maintenance
 - Start lists
 - Timing
 - Gate judging
 - Scoring of race results
 - Submission of the race results and record sheets showing times, DQ’S, DNF’S, DNS, list of officials and the League Technical Delegate report to the AOA office.

10. Lift Tickets

- a) The club designated as “HOST CLUB” will provide visiting club teams with a ticket for every named athlete on the start list plus an additional 6 tickets to a maximum of 19 total
- b) Clubs may wish to sell additional tickets for parents at the club’s discretion but it is not mandatory.

11. Start Time

- a) 10:00 a.m. is the **suggested** start time for League races unless otherwise indicated on the Final AOS Schedule posted on the Alpine Ontario website www.alpineontario.ca
- b) If the club wishes to have an earlier start they must receive a written confirmation from each participating club that they have received the notice and acknowledge and accept the earlier start.

- c) The AOS Race Manager must be notified of this change prior to the race.

E. RACE RULES

The overall rules for ski racing are contained in the FIS ICR, modified where applicable by ACA and AOS provisions, and should be used if a dispute arises that cannot be settled using the published League Rule Book.

1. Helmets

- a) Helmets are **mandatory** for all Leagues races. This rule applies for **all league** and **AOS sanctioned events** - from the time the course opens until it is closed. A helmet (as per FIS equipment rules) must be suitable for ski racing and provide complete head protection. The helmet hard shell and padding must cover the head (front and back) and the ears. Soft eared helmets are not acceptable and the athlete will not be permitted to race.
- b) Helmets must have a smooth top surface, spoilers and edges that stick out are not permitted. Helmet must be fitted to the racer and be fastened with a chin strap. Helmets must satisfy minimum requirements and be certified by a recognized agency (i.e. C.E. (certification for European products), A.S.T.M. (American Standards for Testing and Material), or SNELL). Helmets meant for sports such as hockey or cycling are not acceptable.

2. Course Inspection

- a) No racer may inspect the course from the race hill prior to the League Technical Delegate or their representative declaring the course open for inspection. Furthermore, no racer may in any way participate in course setting or jury inspection of a course on which they will be racing.

- b) Racers will inspect the Course by slowly skiing down alongside or side slipping the course. Racers may not ski down the prepared course or through the gates or practicing turns parallel with those required by gates.
- c) All racers must have their bibs visible at all times before and during the race.

3. Disqualification

- a) A racer who has fallen or skied off the course shall be disqualified if she/he fails to give way to an overtaking racer at the first call from a course official, or if she/he interferes with the overtaking racer's run. Subject to the forgoing, a racer who has fallen or skis off the course shall be allowed fifteen (15) seconds to return to the course for the completion of her/his run.
- b) A racer may choose to continue on one ski however if they interfere with the overtaking racer they will be pulled from the course by Officials or Gatekeepers
- c) A gate has been passed correctly when both the competitor's ski tips and both feet have passed across the gate line. If a competitor loses a ski, without committing a fault, e.g. not by straddling a pole, then the tip of the remaining ski and both feet must have passed the gate line. This rule is also valid when a competitor has to climb back up to a gate. (F.I.S. rule 661.4.1)
- d) Each racer must cross the finish line on both skis or on one ski or with both feet in case of a fall in the immediate finish area. In this case the time is taken when any part of the competitor's body or equipment stops the timekeeping system. (F.I.S. rule 615.3)
- e) If a racer fails to cover the course on skis or to pass the finish in accordance with F.I.S. rule 615.3 the racer will

be disqualified.

- f) A racer is disqualified if he/she accepts outside help in any form during the race. i.e. if a racer loses his/her ski during the race and the gate judge or spectator hands the racer's ski to him/her and the racer accepts he/she will be disqualified.

4. Re-Run

- a) A racer may request a re-run if he/she feels that there was interference in the course. The racer must ski off the course at the point of interference and report to an official and immediately make a re-run request.
- b) Example: Racer Bib#1 falls in course and fails to give way to overtaking racer Bib#2. Racer Bib #2 must ski out of course at point of interference and request a re-run. (No reruns will be awarded to racer if he/she crosses finish line.)
- c) Re-runs may be requested only by the racer or by his/her coach or manager. No other person (parents may not intervene) can request a re-run for interference in the course.
- d) Any re-runs are granted on a provisional basis and are subject to the Jury.

F. DISCIPLINARY ACTION / SANCTIONS

1. Any racer that competes in an AOS League race without having their parent/guardian sign an Alpine Canada waiver will automatically forfeit the race; the racer and racer's home club may be subject to monetary sanctions and further disciplinary action

There will be no exceptions.

2. Subject to any ruling by the Jury, disciplinary action may be

taken by team managers, the chief of race and/or any Jury member against any racer, team, coach or manager for displays of temper, unsportsmanlike conduct, insubordination and/or disrespect to race officials, other racers, participants or spectators.

If disqualified for disciplinary action no points will be awarded, and the matter shall be reported to AOS together with a recommendation by the League Technical Delegate as to whether further sanction is appropriate.

3. The Jury and/or race organizer has the right and authority to take away skiing privileges of any racer. The Jury and/or race organizer can also sanction the coach.

RACERS MUST OBEY ALL HOST CLUB RULES.

G. REPORTING

1. By the **Monday** after the race the host club shall email admin@alpineontario.ca the AOS office a complete tabulation of the results of the race showing all disqualifications, individual times of competitors, calculations used in determining the winning team, Officials list and League Technical Delegate form.

FAX COPIES WILL NOT BE ACCEPTED

2. At the end of the race the managers of each participating team should receive a copy of the race results. In addition the final results must be sent electronically to the Race Coordinator for each participating team

F. SCORING

1. The best time out of two runs of each team member shall be used in the Swiss Chalet K1 League in determining points.

- The team scoring the highest aggregate points shall be the winner of any race.
- Within each group, teams will be recognized in a two or three team scoring format.
- Points shall be awarded separately to the best of each gender, to count no more than seven (7) for each team provided that not more than five (5) of one gender are counted
- Each gender will be scored separately as follows:

SWISS CHALET K1 SCORING FORMAT
PLACE SCORE PLACE SCORE PLACE SCORE

1st	50	5th	32	9th	24
2nd	45	6th	30	10th	22
3rd	40	7th	28	11th	20
4th	36	8th	26	12th	19

- If a racer is disqualified for any reason, no points shall be awarded for his/her performance.
- In case of a tie for any position, equal points shall be awarded each competitor for that position and then skip the next assigned point.
- In the event that one team has completed their score placement, the other team will score the following consecutive points (see example).

Example 1

Place		Name	Club	Best	Points	Club "A"	Club "B"
M	F			Time			
1		"A" Team Boy	"A"	38.97	50	50	
	1	"A" Team Girl	"A"	36.82	50	50	
2		"A" Team Boy	"A"	39.30	45	45	
	2	"B" Team Girl	"B"	38.43	45		45
3		"A" Team Boy	"A"	39.74	40	40	
	3	"B" Team Girl	"B"	40.01	40		40
4		"A" Team Boy	"A"	40.32	36	36	
	4	"A" Team Girl	"A"	40.03	40	36	
5		"B" Team Boy	"B"	42.73	32		32
	5	"A" Team Girl	"A"	43.49	32	32	
6		"B" Team Boy	"B"	42.93	30		30
	6	"B" Team Girl	"B"	48.12	30		30
7		"B" Team Boy	"B"	44.77	28		28
	7	"B" Team Girl	"B"	53.68	28		28
Total						289	233

I. ADDITIONAL EVENTS

Swiss Chalet K1 Semi-Finals and Finals

1. All registered Swiss Chalet K1 Tier I teams will participate in Tier I Semi-Finals, with the possibility of participating in Tier I Finals. All registered Swiss Chalet K1 Tier II teams will participate in Tier II Semi-Finals, with the possibility of participating in Tier II finals.
2. Semi-Finals will be a two run slalom event (Best run of two times for scoring). Maximum 2 hairpins, 1 flush, no delays

3. The winning team from each Tier I and Tier II group will go on to compete in finals of their Tier, Finals will be a two run (best run of two times for scoring) giant slalom event.
4. Electronic timing will be used for timekeeping at semi final and final races. Host club will provide backup manual timing to prevent missed times.
5. Qualified course setters recognized by Alpine Ontario South and assigned by the HOST club, (CSCF Licensed DL Level) will set for the Semi-Final and Final races.
6. Alpine Ontario South will assign Technical Delegates for all Swiss Chalet K1 League Finals.
7. A Jury will be formed (referee/chief of race and Technical Delegate).

Provincial Championships

1. The Ontario Winter Games - K1 Provincial Championships will be a three day event (slalom, giant slalom and paneled Slalom race). The 2010 Championships will be hosted by Osler Bluff Ski Club and Devil's Glen.
2. Each racer will compete as an individual and not as a team.
3. Selection of athletes attending is up to the discretion of each club.
4. Entries should be those athletes who are the best in their club teams.
5. AOSD has a quota of 105 athletes for the K1 Provincial Championships. Quota is distributed to each club as a percentage, based on their number of K1 athletes and should be distributed (by the club) to each gender evenly. The top 15 males and females from the AOS K1 Individual Series will receive automatic spots. They will be in addition to any club quota. These athletes will take the top seeded AOS spots for each event.

6. A race notice will be sent to the clubs along with an official entry form to be returned from each club listing each athlete competing.
7. The K1 Provincial Championship will be seeded by clubs/division.
8. The event will not be a National Points event.
9. Combined Title - World Cup points will be assigned for the top 30 finishers in both the girls' and the boys' race for giant slalom, slalom and Paneled Slalom. Calculation of combined results shall be calculated by adding the World Cup points that correspond to the results of the various 3 races. Athlete must compete in all three events to qualify for combined title.
10. (For further details please review the K1 Selection Guidelines on the AOA website www.alpineontario.ca).

J. COURSE SETTING GUIDELINES FOR SWISS CHALET K1 SKI LEAGUE

AGE	EVENTS	PANELED SL	SLALOM	GIANT SLALOM	SUPER G
K1 11,12	VERTICAL DROP	120 MAX	120 MAX / 100 MAX	250 MAX / 200 MAX	225-350
	NUMBER OF GATES	SL 25-40	30-35% +3	13-15%	8-10%
	VERTICAL DISTANCE	13-16M	CLOSED 5-6M OPEN 9-11M	22M MAX	38M MAX
	TYPE OF GATE	27 MM PANELS	RACES 50%STUBBIES 50% LONG GATES	PANELS	PANELS
			LONG GATES - 60 CM / 25 -27 MM	27MM	DOUBLE SCREW IN
	TURN SHAPE COMBINATIONS	1/2 - 3/4 NONE	MAX 2HAIRPINS / MAX 1 FLUSH	3/4- FULL	SPEED CONTROL
	NUMBER OF RUNS	MULTI	TRADITIONAL OR MULTI	TRADITIONAL OR MULTI	MULTI (2) IF POSSIBLE
	SNOWSTARS LEVEL	6.7	6.7	6.7	6.7
	SAFETY	PROTECTIVE GEAR	PROTECTIVE GEAR	CONSIDER SPINE PROTECTORS	SPINE PROTECTOR

K. ALPINE RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE

AND PERSONAL AWARENESS CAN HELP REDUCE. REGARDLESS OF HOW YOU DECIDE TO USE THE SLOPES, ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

1. Always stay in control. You must be able to stop, or avoid other people or objects.
2. People ahead of you have the right-of-way. It is your responsibility to avoid them.
3. Do not stop where you obstruct a trail or are not visible from above.
4. Before starting downhill or merging onto a trail, look uphill and yield to others.
5. If you are involved in or witness a collision or accident, you must remain at the scene and identify yourself to the Ski Patrol.
6. Always use devices to help prevent runaway equipment.
7. Observe and obey all posted signs and warnings.
8. Keep off closed trails and closed areas.
9. You must not use lifts or terrain if your ability is impaired through the use of alcohol or drugs.
10. You must have sufficient physical dexterity, ability and knowledge to safely load, ride and upload lifts. If in doubt, ask the lift attendant.

**Know the Code – Be Safety Conscious
It is Your Responsibility**

The Code is officially endorsed by the
National Ski Areas Association.

L. HUSKY SNOW STARS

Welcome to Snow Stars, Alpine Canada Alpin's (ACA) skill development program for young skiers.

1. This seven step program will guide child, parent and coach through the appropriate skill progression.
2. The goal of Snow Stars is to encourage the development of skiers and ski racers of all ability levels in a fun and rewarding environment.
3. Enthusiastic and well prepared coaches play an integral role in the delivery of this program by combining coaching creativity with the Snow Stars' resources.
4. The Snow Stars program contains seven steps that outline key skills required for children to progress from the beginner to athletic skier, and eventually to learn the basic tactical skills needed for a ski racer.
5. These skills match the Canadian Ski Coaches Federation (CSCF) entry-level progression model and are considered to be the 'building blocks' for ski racers.

M. K1 SWISS CHALET INDIVIDUAL RACES

- **COURSE SETTING** - course should follow K1 guidelines for distance and # gates (ACA COURSE SETTING GUIDELINES)
- **Equip/ helmet rules in K1 league book**

The course should be set on a challenging run that offers appropriate terrain for top level athletes at this age.

- **REGISTRATION MUST GO THROUGH THE CLUB AND THEN TO AOA**
- **REGISTRATION DEADLINE IS THE SUNDAY BEFORE EVENT**

- REGISTRATION INFO REQUIRED: ATHLETE FULL NAME/ GENDER/ DOB/ CLUB
- RACE FEE MUST BE PAID TO THE HOST CLUB AT TIME OF BIB PICK UP – (SEE RACE NOTICE FOR PAYMENT DETAILS)
- START ORDER WILL BE RANDOM DRAW
- SECOND RUN WILL BE IN REVERSE ORDER OF FIRST RUN – ALLOW ENOUGH TIME BETWEEN RUNS FOR ATHLETE TO GET TO TOP AND PREPARE
- COURSE SHOULD BE SIDESLIPPED AND CHECKED BETWEEN RUNS
- AWARDS LOCATION AND TIME
- AWARDS SHOULD RECOGNIZE TOP 10 WITH MEDALS FOR TOP 3
- AWARDS FORMAT – AWARDS WILL BE PRESENTED FOR THE FASTEST COMBINED TIMES – THE FASTEST OVERALL SINGLE RUN OF THE DAY SHOULD ALSO BE RECOGNIZED (single runs times will be scored and used for qualifying purposes)
- TEAM CAPTAIN MEETING – THERE SHOULD BE A MEETING OF TEAM CAPTAINS – ONE COACH PER CLUB (ALL ATHLETES NEED TO BE REPRESENTED)
- TIMING OF MEETING SHOULD BE SUCH THAT ALL CAN ATTEND AND THEN MEET THEIR ATHLETES FOR INSPECTION/WARM UP

MEETING SHOULD COVER:

1. RACE HILL LOCATION
2. START TIME
3. PENALTY FOR LATE ATHLETES (if any)
4. FORMAT (BACK TO BACK REVERSE ORDER 2ND RUN)

5. LIFT TURN AROUND TIME
6. INSPECTION FORMAT (in &out, Side slip, bib visible?, etc)
7. AWARDS LOCATION & APPROX TIME
8. RESULT PICK UP LOCATION & TIME
9. FORM A JURY OF 4 SENIOR COACHES TO SIGN OFF ON SAFETY, ACT AS A JURY, DEAL WITH PROTESTS, CONFIRM DQ'S – TD WILL BE 5TH MEMBER IN EVENT OF TIE
10. DQ POSTING (FINISH IMMEDIATELY AFTER 2ND RUN)
11. PROTEST TIME (15 MINUTES AFTER POSTING)
12. PROTEST FEE (IF ANY)

HOST CLUB MUST SUBMIT RESULTS TO AOA IMMEDIATELY

NOTES

NOTES