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## **A. INTRODUCTION**

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. Competition is a team format and teams compete in a Stubbie Slalom, a Giant Slalom, a Paneled slalom and a Kombi race. There are Tier I and Tier II semi-finals (full SL gate) and finals (GS) to conclude the league program and a K1 Provincial Championship.

## **B. RACER ELIGIBILITY**

1. Any member club of Alpine Ontario South Division Ski Association shall be eligible to organize one or more teams within the southern Ontario ski league.
2. The entry fee for each racer entered into league racing competition must be paid to Alpine Ontario on or before January 1<sup>st</sup>, 2009.
3. K1's are not allowed to have a competitor number or receive national points.

## **C. TEAM MEMBERSHIP**

1. A team will consist of no more than thirteen (13) members for competition. Clubs who wish to carry additional racers on a team (max 14) must contact the AOSD Race Manager prior to the start of the race season. All team members approved by the AOSD Race Manager will be allowed to score. The AOSD Race Manager will send a list of the Teams allowed to carry extra racers to each Clubs race administrator.
2. The age category will be 11-12 year olds. No person who has reached their thirteenth (13) birthday by December

31st, 2008 shall be eligible for membership on any team entered in the Swiss Chalet K1 League.

3. All team members shall be members in good standing of their sponsoring ski club and Alpine Ontario South Division.
4. a) 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. K1's are allowed a maximum of 16 race starts.  
b) The team manager must complete the Online “TEAM DECLARATION FORM” prior to the start of the first scheduled race in a series, giving the name, gender and date of birth of ALL thirteen (13) members. You will not be able to add an athlete to your Team Declaration if they have not completed their online waiver  
c) Team members that are declared in spots 8 - 13 on the team declaration form may be moved from one K1 team to another K1 team prior to the third scheduled race. Changes must be emailed/faxed into Alpine Ontario office prior to that team's third race.
5. a) Each racer in the K1 Swiss Chalet Ski League must complete the online Alpine Canada registration/waiver before she/he is allowed to race. Therefore, it is important that each manager has EACH team racer's parent/guardian accept the online ACA registration/waiver before the first race of the season. During the course of the racing season, new skiers may be added to the team prior to the 3<sup>rd</sup> event. The team manager must complete the Team Declaration to ensure the online waiver was completed to cover the skier under the same conditions outlined above.

- b) NO racer shall compete in the Swiss Chalet K1 League race without having completed the Alpine Canada online waiver. **There will be no exceptions.**
6. 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. 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. If the club proposes such a replacement, the AOSD Race Manager must be sent a letter within 6 days of the injury or illness, informing her of the replacement. All such replacements shall be effective for the remainder of the season. **THIS ONLY APPLIES IF YOU HAVE 13 RACERS OR LESS ON YOUR TEAM.**

## **D. RACE ORGANIZATION**

1. Alpine Ontario South Division shall be responsible for the organization of the Swiss Chalet K1 Ski League and shall designate a Rules Committee Chairman to supervise the administration of league racing activities.
2. A Jury must be formed prior to the race (complete Jury Roster form). The Jury shall consist of seven (7) members. 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. **The League Technical Delegate will be the seventh Jury member, who shall act as chairman. The chairman shall only vote in the event of a tie.**

3. One manager (or appointed person) from each team to be present at time of scoring.
4. **A start list MUST be sent in by email in to the Host Club on Wednesday prior to the race. The start list will consist of the competitor's name, club, gender, age on the start list template provided by AOA.**
5. 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. Each team would submit a start list to the host club on the Wednesday before race day. The Swiss Chalet K1 League races will consist of one Stubbie slalom, one giant slalom, one paneled slalom and one Kombi race.
6. a) There shall be two runs for each team member (even for first run DSQ's and DNF's) but under unfavourable conditions the second run may be waived by common consent between team managers.
- b) Both runs shall be in consecutive bib order.
7. When race timing is accomplished by manual means, there shall be two watches on each racer operated by representatives of both competing teams. Determination of what constitutes the official time shall be agreed to before the start of the race. (i.e. compromise between timers, re-runs, etc.)
8. 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
  - 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.
- b) It is entirely acceptable for the six managers involved to change the date and/or location, if it is mutually agreeable by all six teams and the Alpine Ontario South Division Race Manager is advised prior to the race in writing (excluding semi-finals and finals).
  - c) 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.
9. Teams will be disqualified if any team changes the schedule without the knowledge and confirmation of the AOSD Race Manager. Teams will be barred from further competition for the remainder of the season.
  10. 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. Clubs may wish to sell additional tickets for parents at the club's discretion but it is not mandatory.
  11. 10:00 a.m. is the **suggested** start time for Swiss Chalet K1 League races. 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. The AOSD Race Manager must be notified of this change prior to the race.

## E. RACE RULES

1. The overall rules for ski racing are contained in the FIS ICR and should be used if a dispute arises that cannot be settled

using the published League Rule Book.

2. Helmets are **mandatory** for all Leagues races. This rule applies for **all league** and **AOSD 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. 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.
3. Complete Downhill, GS or SL suits will be allowed in Swiss Chalet K1 League races.
4.
  - a) 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.
  - b) All racers must have their bibs visible at all times before and during the race.
5. 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. 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 re-runs will be awarded to racer if he/she crosses finish line.)

6. a) 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)
  - b) 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)
  - c) 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.
7. 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. 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.)**
  - b) 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.
  - c) Any re-runs are granted on a provisional basis and are subject to the Jury.

8. 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.

## 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.
2. Points shall be awarded separately to the best of each sex, to count no more than seven (7) for each team provided that not more than four (4) of one sex are counted
3. Each sex will be scored separately as follows:

### SWISS CHALET K1 SCORING FORMAT

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

4. If a racer is disqualified for any reason, no points shall be awarded for his/her performance.
5. 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 (see example).
6. 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			Best				
M	F	Name	Club	Time	Points	OSL	MH
1		Michael Welton	OSL	38.97	50	50	
	1	Hannah Kenny	OSL	36.82	50	50	
2		Colm Kenny	OSL	39.30	45	45	
	2	Emily Goad	OSL	38.43	45	45	
3		Robert J Burnes	OSL	39.74	40	40	
	<b>3T</b>	<b>Jennifer Shaw</b>	<b>OSL</b>	<b>40.03</b>	<b>40</b>	<b>40</b>	
4		David Shaw	OSL	40.32	36	36	
	<b>4T</b>	<b>Chloe Schleichkorn</b>	<b>MH</b>	<b>40.03</b>	<b>40</b>		<b>40</b>
5		Cameron Semple	MH	42.73	32		32
	5	Danielle Hayes	MH	43.49	32		32
6		Sean Quinlan	MH	42.93	30		30
	6	Meghan Greaves	MH	48.12	30		30
7		Spencer Jackson	MH	44.77	28		28
	7	Joelle Carbonneau	MH	53.68	28		28
			<b>Total</b>			<b>306</b>	<b>220</b>

## G. 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). Note Delay Gates should not be used

3. The wining 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 semis and final races. Host club will provide backup manual timing to prevent missed times.
5. Qualified course setters recognized by Alpine Ontario South Division will carry out Semi-Final and Final races.
6. Alpine Ontario South Division will assign Technical Delegates for all Swiss Chalet K1 League Finals. A Jury will be formed (referee/chief of race and Technical Delegate).

### Provincial Championships

1. The K1 Provincial Championships will be a three day event (1 slalom, 1 giant slalom and 1 Kombi race). The 2009 Championships will be hosted by Osler Bluff & Devil's Glen, March 19-21, 2009.
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. Entries should be those athletes who are the best in their club teams.
4. 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.
5. 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.
6. The K1 Provincial Championship will be seeded by clubs/division. The event will not be a National Points event. (For further details please review the K1 Selection Guidelines on the AOA website [www.alpineontario.ca](http://www.alpineontario.ca)).

7. 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 3rd event. 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.

## H. DISCIPLINARY ACTION/SANCTIONS

1. a) Any racer that competes in a Swiss Chalet K1 Ski League race without having their parent/guardian sign an Alpine Canada waiver will automatically forfeit the race. There will be no exceptions.
- b) Disciplinary action may be taken by the team manager, chief of race and/or Rules Committee against a racer for displays of temper, insubordination and/or disrespect to race officials. If disqualified for disciplinary action no points will be awarded.
- c) 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.**
- 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.
- e) Teams will be disqualified if any team changes the schedule without the knowledge and confirmation of the AOSD Race Manager. Teams will be barred from further competition for the remainder of the season.

## I. REPORTING

1. By the **Monday** after the race the host club shall email the

AOSD 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. **Please do not fax.**

2. At the end of the race the managers of each participating team should receive a copy of the race results.

## J. SCHEDULES FOR RACES

1. 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.
2. 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.
3. Start lists to be emailed to host club no later than the Wednesday before the race.

## K. RECORDS

In the case of the Swiss Chalet K1 Ski League it shall be the responsibility of the Alpine Ontario South Division office to keep a record of all results.

## L. RACE JURY

### 1. Composition of Jury

A Jury must be formed prior to the race (complete Jury Roster form). The Jury shall consist of seven members. Each participating team shall appoint one member to the Jury. The Jury members should be a minimum Level 1 official or CSCF Entry Level coach with knowledge of race rules, procedures and responsibilities. The League Technical Delegate will be the

seventh Jury member, who shall act as Chairman. The Chairman shall only vote in the event of a tie.

## 2. General Responsibilities of the Jury

The Jury monitors the adherence to the rules throughout the entire race. They have the following general responsibilities:

- Application and implementation of the rules.
- 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 intervals; shorten the course
- Rules on all provisional runs and protests
- See that FIS rules and modifications are upheld
- Approve the methods of timing and calculation

## 3. Duties and Responsibilities of Jury Members

From a technical standpoint particularly by:

- Checking the race course
- Checking the snow conditions
- Checking the start, the finish area and the run-out from the finish
- Determining the manner of the course inspection
- Inspection of the course before the race
- Determining the number of forerunners
- Giving instructions to and obtaining information from the gate judges

From an organizational viewpoint particularly by:

- Granting a re-run
- Cancellation of the race (beforehand)

- Shortening the course, if snow or weather conditions make this appear necessary.
- Knowledge of the race rules and calculations of race results
- Receiving protests

From a disciplinary viewpoint particularly by:

- Against a racer who displays temper, insubordination and/or disrespect to race officials
- The right and authority to take away skiing privileges of any racer.

Host Club's responsibility:

- Ensure Jury is formed and roster completed
- Designate location for Jury to meet and when (i.e. immediately after each run at the finish hut)
- DSQs and protests are to be dealt with prior to scoring.

## M. LEAGUE TECHNICAL DELEGATE

League Technical Delegate must have a minimum qualification of a Level II Official or a Level II CSCF.

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.

## N. COURSE SETTING GUIDELINES FOR SWISS CHALET K1 SKI LEAGUE

AGE	EVENTS	DUALS	KOMBI	SLALOM	GIANT SLALOM	SUPER G
K1 11,12	VERTICAL DROP	60-80	170	120 MAX / 100 MAX MULTI RUNS	250 MAX / 200 MAX MULTI RUNS	225-350
	NUMBER OF GATES	SL 25-30 GS 15-25	50 MAX	30-35% +3	13-15%	8-10%
	VERTICAL DISTANCE	9-11M 20M	SL 4-9M GS 14-18M	CLOSED 5-6M OPEN 9-11M	22M MAX	38M MAX
	TYPE OF GATE	STUBBIES / LONG GATES/ PANELS	STUBBIES/ LONG GATES/ PANELS	50% STUBBIES RACES 50% LONG GATES	PANELS	PANELS
		LONG GATES - 60 CM / 25 -27 MM	LONG GATES - 60 CM / 25 -27 MM	LONG GATES - 60 CM / 25 -27 MM	27MM DIAMETER	DOUBLE SCREW IN
	TURN SHAPE	1/2 - 3/4	ALL	VERTICALS AND FULL	3/4- FULL	SPEED CONTROL
	COMBINATIONS	NONE	MIN 5 SECTIONS	MAX 2 HAIRPINS / MAX 1 FLUSH		
	NUMBER OF RUNS	MULTI / INDIVIDUAL TIMED COURSES	MULTI SINGLE RUN RACES	TRADITIONAL OR MULTI	TRADITIONAL OR MULTI	MULTI (2) IF POSSIBLE
	SNOWSTARS LEVEL	6,7	6,7	6,7	6,7	6,7
	SAFETY	PROTECTIVE GEAR	PROTECTIVE GEAR	PROTECTIVE GEAR	CONSIDER SPINE PROTECTORS	SPINE PROTECTOR

Courses should be easy, open courses for training and racing. All courses should contain the following:

1. Constant rhythm with smooth rhythm changes.
2. Courses should be set on intermediate terrain, blue runs recommended.
3. A large finish area should be a must for all racing and training allowing generous room for the racers to come to a full stop.
4. Courses should provide a challenge to athletes while at the same time provide the opportunity for success.

## O. 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.

## **P. HUSKY SNOW STARS**

Welcome to Snow Stars, Alpine Canada Alpin's (ACA) skill development program for young skiers. This seven step program will guide child, parent and coach through the appropriate skill progression.

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. Enthusiastic and well prepared coaches play an integral role in the delivery of this program by combining coaching creativity with the Snow Stars' resources.

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. These skills match the Canadian Ski Coaches Federation

(CSCF) entry-level progression model and are considered to be the 'building blocks' for ski racers.

## **Q. 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
- FORMAT – BEST TIME OF 2 RUNS
- 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 2<sup>ND</sup> 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 5<sup>TH</sup> MEMBER IN EVENT OF TIE
10. DQ POSTING (FINISH IMMEDIATELY AFTER 2<sup>ND</sup> RUN)
11. PROTEST TIME (15 MINUTES AFTER POSTING)
12. PROTEST FEE (IF ANY)

HOST CLUB MUST SUBMIT RESULTS TO AOA IMMEDIATELY