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A. SWISS CHALET K2 LEAGUE

The Swiss Chalet K2 League is for the “graduates” of the Swiss Chalet K1 League who are 13-14 years old. League emphasis is still on skill development. Competition is a team format and the teams compete in two giant slaloms, two slaloms, semi finals and finals. There is a two day Allstar event where the competitors compete to qualify for the K2 Provincial Championships.

B. ELIGIBILITY AND ORGANIZATION

1. Any member club of Alpine Ontario South Division Ski Association (AOSD) 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, 2009.

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 13-14 year olds. No person who has reached their fifteenth (15) birthday by December 31st, 2008 shall be eligible for membership on any team entered in the Swiss Chalet K2 League.

3. All team members shall be members in good standing of their sponsoring ski club.
4. a) 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
b) Team members that are declared in spots 8 - 13 on the team declaration form may be moved from one K2 team to another K2 team prior to the third scheduled race. Changes must be emailed into Alpine Ontario South Division office prior to that team’s third race.
5. a) Each racer and their parent in the Swiss Chalet K2 League must complete the AOA membership registration and accept the online Alpine Canada waiver/registration before she/he is allowed to race. Therefore, it is important that all managers have each team racer and their parent/guardian sign a 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 3rd event. complete the Team Decalaration to cover the skier under the same conditions outlined above.
b) NO racer shall compete in the Swiss Chalet K2 League race without having completed an Alpine Canada Online waiver **There will be no exceptions.**
6. In the event a team member 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 athlete 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 K2 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. The Jury shall consist of seven members. Each participating team shall appoint one member to the Jury (Jury Roster). 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.
3. One manager (or appointed person) from each team to be present at time of scoring the race.
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. The Swiss Chalet K2 League races will consist of two giant slalom events (or at least a minimum of one giant slalom) and two slalom events, with a maximum of 40 gates.

- b) All Courses should conform to the COURSE SETTING GUIDELINES in Section O.
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. (E.g. 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 and the League Technical Delegate report to Alpine Ontario 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 in writing prior to the race (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 from semi finals and finals.
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 be 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 K2 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. AOSD must be notified of this change as well 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 K2 League races.
4. a) Racers will inspect the Course by slowly skiing down or side slipping alongside 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 wear their bibs outside their jackets, bibs to be 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.
- 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 **combined times** of each team member shall be used in the Swiss Chalet K2 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 K2 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

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		COMBINED					
M	F	Name	Club	Time	Points	OSL	MH
1		Chris Hyde	JW	58.97	50	50	
	1	Christine Harrington	JW	56.82	50	50	
2		Dean Reid	JW	59.30	45	45	
	2	Allysa Matheson	JW	58.43	45	45	
3		Art Grabowski	JW	57.74	40	40	
	3T	Jane Thomson	JW	60.03	40	40	
4		Steve Van Niekerk	JW	59.32	36	36	
	4T	Paula Woodhouse	CRA	60.03	40		40
5		Doug Henderson	CRA	62.73	32		32
	5	Laura Gambin	CRA	63.49	32		32
6		Thomas Wildridge	CRA	62.93	30		30
	6	Giulia Coley	CRA	68.12	30		30
7		Matt Fisher	CRA	64.77	28		28
	7	Heather Metzger	CRA	68.13	28		28
			Total			306	220

G. ADDITIONAL EVENTS

Swiss Chalet K2 Semi-Finals and Finals

1. All registered Swiss Chalet K2 Tier I teams will participate in Tier I Semi-Finals, with the possibility of participating in Tier I Finals. All registered Swiss Chalet K2 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 (combined times). Note 'delay' gates are allowed.

3. Finals will be a two run (combined times) 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 will carry out Semi-Final and Final races.
6. Alpine Ontario South Division will assign a League Technical Delegates for all Swiss Chalet K2 League Finals. A Jury will be formed (referee/chief of race and Technical Delegate).

Swiss Chalet K2 League All Stars

1. Swiss Chalet K2 All Stars will be a two day event (GS & SL). A racer can enter either both days or just one day. In order to qualify for the overall title a racer must attend both events. This event will be an introduction to individual racing for the top Swiss Chalet K2 racers at the club who will be planning on moving up to the K2 Series next season. All Stars should be those athletes who are the best in their club program, at the appropriate level.
2. A quota of one male/female athlete per the number of teams your club has. (Example: 2 Teams - 2 girls and 2 boys may attend). Selection of athletes attending is up to the discretion of each club. Host club quota will be an additional 2 spots (1 male/1 female) to ensure a quality event. The teams that reached the Finals in Tier I from the previous season will also receive 2 additional quota spots (1 male/1 female).

3. Swiss Chalet K2 League All Star Seeding

- First seeding for the race will be drawn by club (1 racer per club) participating. As per the entry submitted by the clubs order the racer will be slotted in the position the club was drawn.
- The remainder of the racers/teams will be drawn randomly

and each remaining racer will be slotted according to the position the club was drawn.

- Girls will be drawn first then the boys.
 - Second run will be based on results of first run where the top 15 racers will be flipped i.e. 1st racer will start 15th in the second run.
 - The same seeding process will be used for the next day's event.
4. Combined Title - World Cup points will be assigned for the top 30 finishers in both the girls' and the boys' race for giant slalom and slalom. Calculation of combined results shall be calculated by adding the World Cup points that correspond to the results of the various races (slalom & giant slalom). Athlete must compete in both slalom and giant slalom to qualify for combined title.

H. DISCIPLINARY ACTION/SANCTIONS

1. a) Any racer that competes in a Swiss Chalet K2 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 participation point 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 confirm time and place of each individual race within the schedule.
3. Start list to be emailed to host club no later than the Wednesday before the race.

K. RECORDS

In the case of the Swiss Chalet K2 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 and a member of a club.

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 Safety Delegate.
- Leagues Technical Delegate will Chair the Jury and vote only if there is a tie.

N. COURSE SETTING GUIDELINES FOR SWISS CHALET K2 SKI LEAGUE

AGE	EVENTS	DUALS	KOMBI	SLALOM	GIANT SLALOM	SUPER G
K2 13,14	VERTICAL DROP	80		160 MAX /	250 / 2 RUNS 300 / 1 RUNS	250-450
	NUMBER OF GATES	SL 25-30 GS 15-25		30-35% + -3	13-15%	8-10%
	VERTICAL DISTANCE	10-12M 20M		CLOSED 5-6M OPEN 10-12M	26M MAX	40-45M
	TYPE OF GATE	LONG GATES/ PANELS		LONG GATES/ 72 CM / 27 MM	PANELS	PANELS
	TURN SHAPE	3/4 1/2 - 3/4		VERTICALS AND FULL	1/2- FULL	SPEED CONTROL
	COMBINATIONS	NONE		MAX 3 HAIRPINS / MAX 2 FLUSH		
	NUMBER OF RUNS	MULTI / TIMED COURSES / KNOCKOUT		TRADITIONAL	TRADITIONAL	TRADITIONAL OR MULTI
	SAFETY	PROTECTIVE GEAR		PROTECTIVE GEAR	CONSIDER SPINE PROTECTORS	SPINE PROTECTOR

0. 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.

NOTES