



SKIIS & BIKES
NANCY GREEN SKI LEAGUE

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A. INTRODUCTION

The Nancy Greene Ski League had its start in the Southern Ontario Ski Zone of the Canadian Ski Association in January of 1968 with a schedule involving 19 teams. Inspired by the dramatic performances of Nancy Greene at the 1968 Olympics, these Ski League races sparked enthusiasm and effort amongst the youngsters beyond all expectations. Since 1968 the Nancy Greene Ski League has developed into one of the most successful C.S.A. activities and since the 1970-71 season, 5,200 racers divided into over 400 teams, are involved in the program in a truly cross Canada activity. The basic philosophy of the Nancy Greene Ski League is that it is fundamentally a fun activity designed to encourage a love of skiing and to avoid intense competitive pressures. However the League will provide a healthy basis for serious competition as the skier matures.

This booklet outlines basic rules of the Nancy Greene Ski League, and contains a few general suggestions for club officials, coaches, parents and for the youngsters themselves. It is in no way intended to be a handbook on racing techniques, training, or the rules of ski racing. These subjects are covered elsewhere, in the "Canadian Ski Coaches Federation, Entry Level Manual".

The Nancy Greene Ski League has had the enthusiastic support at all levels of the Canadian Ski Association organization. However, there is no doubt that a large measure of credit for the success of the NGSL is directly attributed to the efforts of its chairman, Kell Antoft. His contribution to the league cannot be over-emphasized. Above all the League owes a great debt of gratitude to Nancy Greene herself, for her active interest in "her" league, but even more important, for the inspiration she has provided to all Canadian youngsters who strive to emulate her great achievements.

Message From Nancy Greene Raine

Dear Young Friends:

This booklet contains information about the Nancy Greene Ski League. This type of racing is designed for young skiers who are just starting to compete.

I hope you will enjoy the excitement and thrills of ski racing, and the fun of being part of the team and working together with your team mates.

I also hope that some of you will go on to enter more serious class competition and then aim for the very top – a World Cup or Olympic Gold Medal.

Good luck. Good Skiing – and I'll see you on the slopes.

Nancy Greene Raine

B. RACER ELIGIBILITY

1. Any member club of Alpine Ontario South Division (AOSD) shall be eligible to organize one or more teams within the Southern Ontario Ski League.
2. Each racer from each team entered into league racing competition must pay the competitor fees to the Alpine Ontario Alpin (AOA) on or before January 1st, 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 shall be 7-10 years old. **No person who has reached their Eleventh (11) birthday or has not reached their Seventh (7) birthday by December 31, 2008 shall be eligible for membership on any team entered in the Skiis & Biikes Nancy Greene Ski League.** The AOSD Coaches Committee recommends that the age for Nancy Greene League participants be 9 & 10 years of age and that athletes 7 & 8 years of age be in a club run development program. This will be implemented at the discretion of each club.
3. All team members shall be members in good standing of their sponsoring ski club and Alpine Ontario Alpin.
4. a) Nancy Greene racers cannot receive a competitor number or receive National race points.
b) The team manager must complete the Online "TEAM DECLARATION FORM" prior to the start of the first scheduled race, giving the name, gender and year 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.
5. a) Each racer in the Nancy Greene Ski League must have their parent/guardian accept 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. The team manager must ensure the online waiver was completed to cover the skier under the same conditions outlined above.

- b) NO racer shall compete in a Nancy Greene Ski League Race without having their parent/guardian accept the online Alpine Canada registration/waiver; There will be no exceptions.
6. In the event a team member suffers 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 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 consequential 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 them 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 Nancy Greene 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. Jury members must sign off on the League Safety Form before the race can start. The Jury should meet at the finish immediately following the race to review DQ, DNF and any other issues**

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 to the Host Club on Wednesday prior to the race. The start list will consist of the competitor's name, club, gender and 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. Nancy Greene races will run all members of the first two teams before going to the next two teams (alternating team members – i.e. A B, A B, A B, A B, etc. then C D, C D, C D, etc.).
6. a) Nancy Greene races shall consist of one Stubbie Slalom, one Paneled Slalom, one Giant Slalom and one Kombi Race.
b) **All courses should conform to the COURSE SETTING GUIDELINES listed in Section M**

Also available online at www.alpineontario.ca

7. 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 common consent between team managers OR JURY

MEMBERS??.

- b) Both runs shall be in consecutive bib order.
8. 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.)
9. a) The club designated as "HOST CLUB" on the league racing schedule shall be responsible for the administration of the race this includes:
 - start lists
 - course setting
 - 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.
- 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.
10. 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.

11. 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.
12. 10:00 a.m. is the **suggested** start time for Nancy Greene Ski 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. **No Downhill, GS or SL suits will be allowed in ANY Nancy Greene League races.**
4. a) Racers will inspect the course either 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 have 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 rerun. (No reruns will be awarded to racer if he/she crosses finish line).
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. 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. In the Nancy Greene Ski League the best run out of at least two runs shall be used to determine the order of finish. The team scoring the highest aggregate of 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 as per table, to count no more than ten (10) for each team provided not more than seven (7) of one sex are counted.

3. a) Racers will be scored on a team basis, for 2 and 3 team races as follows:

4. NANCY GREENE SCORING FORMAT

PLACE SCORE PLACE SCORE PLACE SCORE

1st	30	11th	20	21st	10
2nd	29	12th	19	22nd	9
3rd	28	13th	18	23rd	8
4th	27	14th	17	24th	7
5th	26	15th	16	25th	6
6th	25	16th	15	26th	5
7th	24	17th	14	27th	4
8th	23	18th	13	28th	3
9th	22	19th	12	29th	2
10th	21	20th	11	30th	1

- b) Remember after the scoring to add 1 participation point for each racer per team who had made at least one run during that race. (i.e. Red Team has 11 racers who had one run = 11 points to be added to their score, a maximum of 13 participation points can be awarded). This includes disqualifications and racers that did not finish (see example 1).
5. If a racer is disqualified in both runs or did not finish in both runs, no scoring points shall be awarded for his/her performance. Racer will still receive a participation point.
 6. In case of a tie for any position, equal points shall be awarded to each competitor for that position and then skip the next point assignment (see example 1 - 8th and 9th place).
 7. In each event that one team has completed their score placement (10); the other team will score the following

consecutive points.

8. Team results should be posted only and no individual winners are to be announced. The emphasis is on **TEAM EVENT**, therefore no awards/trophies/medals shall be awarded for individual performance.

G. DISCIPLINARY ACTION / SANCTIONS

1. a) Any racer that competes in a Nancy Greene Ski League race without having their parent/guardian accept the online 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.

H. REPORTING

1. By the **Monday** after the race the host club shall Email the AOSD Race Manager 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.

I. SCHEDULES FOR RACES

1. It shall be the responsibility of Alpine Ontario South Division to establish a schedule of races to be held by each area group.
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.

J. RECORDS

In the case of the Nancy Greene Ski League it shall be the responsibility of the Alpine Ontario office to keep a record of all results.

K. 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
- Sign Safety Sheet

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.

L. 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 Safety Delegate armband at all times.
- 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.

M. COURSE SETTING GUIDELINES FOR SWISS CHALET K1 SKI LEAGUE

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 to provide a safe stopping area.
4. Courses should provide a challenge to athletes while allowing the opportunity for success.

Guidelines for Stubbie Slalom Courses:

1. Stubbie Slalom gate spacing should be approximately 4-8 meters, with a 1-3 meter offset, **but above all must be set to the terrain for rhythm and flow.** The course should be a maximum of 25-30 gates in length but can be less.
2. Stubbie slalom courses should not have any verticals (hairpins or flushes) or delays on race courses. Each stubbie should reflect an edge change.
3. Stubbie slalom courses will be set as single pole gates with one soft gooey flex gate with no outside pole and the courses should be primarily rhythmical in the course set with some rhythm changes.

Guidelines for Paneled Slalom Courses:

Paneled slalom gate spacing should be 8-12 meters, gates are

paneled like a Giant Slalom gate. The course should be set to the terrain for rhythm and flow and should have a maximum of 25-30 gates but may be less.

Guidelines for GS Courses

CANADIAN SETTING GUIDELINES FOR CHILDRENS ALPINE SKI RACING Alpine Canada Alpin - April/2008

AGE	EVENTS	DUALS	KOMBI	SLALOM	GIANT SLALOM	SUPER G
E2 8,9,10	VERTICAL DROP	60-80	140 MAX	100	180 MAX	200 MAX
	NUMBER OF GATES	SL 25-35 GS 20	40 MAX	25-30 MAX	13-15%	13-15%
	VERTICAL DISTANCE	SL 5-8M GS 12-18M	SL 4-8M GS 14-18M SG 30M	4-8M	20M MAX	35M MAX
	TYPE OF GATE	STUBBIES / PANELS	STUBBIES/ PANELS	STUBBIES	PANELS	PANELS
	TURN SHAPE	1/2 - 3/4 1/2 - 3/4	ALL	VERTICAL - 3/4	1/2 - FULL	3/4 - FULL
	COMBINATIONS	STUBBIES INTO GS POSSIBLE	MIN 5 SECTIONS	ONLY SINGLE STUBBY EACH TURN		
	NUMBER OF RUNS	MULTI / INDIVIDUAL TIMED COURSES	MULTI SINGLE RUN RACES	MULTI SINGLE RUN RACES	MULTI SINGLE RUN RACES	MULTI (2) IF POSSIBLE
	SNOWSTARS LEVEL	4,5,6	4,5,6	4,5,6	4,5,6	4,5,6
	SAFETY			SHIN GUARDS		

N. 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 unload 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.

O. 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.

P. ADDITIONAL EVENTS

Nancy Greene Skill Development Day

This is a one day Snow Stars/Skill/Terrain Competition in house.

The GOALS of the day are

1. A FUN positive EXPERIENCE
2. FOR ALL participants (maximum participation)
3. IN A SKILL ORIENTED format rather than a race competition format.

NOTES