

**FAR WEST MASTERS ALPINE SKI RACING**  
**2003-2004 RULES, REGULATIONS AND RACE CRITERIA**

**1. USSA MEMBERSHIP AND COMPETITION LICENSE / FAR WEST MASTERS MEMBERSHIP**

Membership in the USSA with Masters competition license is required, and the USSA membership-competition number must be included on the entry cards. Competition license cards should be checked at registration.

**Exceptions:**

Weekend licenses **will** be issued. Non-members will be allowed to race two different weekends during the season by paying a USSA weekend license fee of \$25.00 for each weekend. Far West Masters will waive their \$20.00 membership fee for the weekend. Racers must still enter and pay race fees and have a lift ticket. This is an opportunity for everyone to try our program and for Area Personnel to join us.

Masters racers from out of division will be allowed to race with us without paying the Far West Masters dues. They will just be required to show their USSA license, pay the race fees, and buy a lift ticket.

**2. USSA ALPINE SCHEDULE AGREEMENT**

A USSA Alpine Schedule Agreement covering all races in the weekend “tournament” or other series must be completed and returned to USSA with required fees as specified by USSA before the date of the races to ensure the races are sanctioned by USSA and the liability policy is applicable.

**3. FAR WEST MASTERS AGE CLASSES**

Far West Masters Age Classes for men and women (separately) are as follows:

<u>Class</u>	<u>Age Categories*</u>
20	21-29
30	30-39
40	40-49
50	50-59
60	60-69
70	70-79
80	80 and over

\*age as of December 31

**4. REGISTRATION-LATE ENTRIES**

All Masters competitors are advised:

- To register by mail (only) so that entries arrive five (5) days before the race date. Masters should use their own entry cards, and include a separate entry fee check for each event. The five (5) day registration prior to race date is for the convenience of the organizer, **and any entry which arrives prior to the seed meeting should not be considered late.**
- That phone entries may not be accepted.
- That race organizers are requested to follow a “torn check policy” under which a racer’s entry fee check will be destroyed if s/he is unable to attend the race and cancels the day before the event starts.

- That entries **without entry fees** are considered **late entries** and should be handled as such on race day (see below).
- That late entries may, or may not, be accepted by the organizer, but:
  - \*\* Only until 8:30 am on race day;
  - \*\* a late entry fee of \$5.00 per race may be charged; and
  - \*\* late entrants are to be **seeded last in their age class**.

See also Section 1 above with regard to required USSA membership/competition license and Far West Masters membership.

## 5. **AWARDS**

Unless arranged otherwise with the Masters Series, the organizer will give awards to each men's and women's class. All classes shall have 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place awards. Since many Masters racers come long distances, it is requested that awards ceremonies be held as early as possible, especially on Sundays.

## 6. **RACE RULES AND PROCEDURES**

### A. General

- FIS rules are followed, with adaptations from USSA and Masters competitor. General USSA Masters Alpine Competition Rules regarding eligibility apply.
- Sufficient gate keepers should be provided by the organizer to cover all gates adequately.
- Proper race bibs must be carried at all times on the race hill.
- When allowed, course inspection will be done by **slow** side slipping beside the course. Otherwise, inspection will be from outside of the course. Shadowing, or high speed inspection through the course is not allowed and cause for disqualification.
- Free skiing on the race hill is not allowed and should be discouraged by the organizers, the officials, and the members.
- Usually three forerunners should forerun the course. They should be encouraged to set a "good line" for the competitors who will follow. They shall not be given race times.
- Disqualifications (DQ's) and Did Not Finishers (DNF's) shall be posted by the officials at the pre-announced place as soon as practicable after each run. Use of the results board for posting is encouraged.
- As stated by USSA rules, loss of one ski, or of two skis results in a disqualification (DQ) and the racer shall leave the course as soon as possible. If loss of one ski is at or after the last gate, the racer may finish on one ski.
- The Masters Series Technical Delegate and the Area's Chief of Race should discuss hill and course preparation and courses in advance. Course setters may be from the sponsoring area or from the Masters group of certified course setters. It is most

important that the course setter understands the philosophy of Masters racing and sets courses consistent with the following specifications and requirement.

- B. Race Regulations – All courses should be set for the typical, good, 45 year-old racer, and be such that a 70 year-old racer can negotiate it safely, although slower and keeping in mind the speed of the fastest racers. Emphasis should be placed on course preparation with safety as the prime consideration.

(1) Slalom: A good course should flow and demand precision and rounded turns and avoid jam turns and acrobatic turns. Courses should demand adaptability to changes in rhythm, speed and radius of turn. (See also SL race course criteria below).

(2) Giant Slalom: As the main criterion, utilize terrain, not complexity of gate patterns. Courses should be smooth flowing but demand changes in rhythm, speed and adaptability through terrain changes. Gate patterns should emphasize skill in making high speed, linked, carved turns. Gate width should be near the FIS maximum size (8 meters). Helmets manufactured for skiing are required. (See also GS course criteria below).

(3) Super G: The course should be smooth and firm. A helmet manufactured for skiing is mandatory. A pre-race training run is encouraged.

(4) Downhill: Safety is the prime consideration. Course preparation is most important. It should be smooth and firm for the full width of the course with hazards adequately safety-fenced. The competitors may be required to help with course preparation. A downhill course should test the racer's line, control and endurance, but not the limits of his fortitude. A helmet manufactured for skiing and a minimum of two scheduled training runs are mandatory for all downhill events.

C. Start Order

The start order for Far West Masters events shall be: Womens class 80, Men's Class 80, Women's Class 70, Men's Class 70, Women's classes 60, 50, 40, 30, 20, and Men's classes 60, 50, 40, 30, 20, unless the race organizers and the designated Technical Delegate determine conditions dictate a change in this start order.

The first run start order within each class will be by random selection of the advance entries. Entries are not to be seeded in the order in which they are received. Late entries are to be seeded last in their respective age class.

Second runs are to be held on new courses and are mandatory for Giant Slalom and Slalom events. The start order for the second run shall be in the reverse order of finish of the first run within each class (i.e. slowest to fastest).

An additional 2 classes of racers will be created after the first run is completed. This will be called the "open" seed and will be comprised of the fastest 10 men and the fastest 5 women from the first run, irregardless of age groups. They will be taken out of their age class, and their first run times will constitute their 2<sup>nd</sup> run start order within this new class just as all the others.

This "open" seed of women will run after the 50's class women in the second run, and the "open" seed of men will run after the 50's class men in the second run.

Their combined times for the 2 runs will constitute their order of finish within this class, just as any other class.

Racers late for their start will be allowed to start at the end of the class that is currently racing.

First run DQ's and DNF's, may take the second run at the end of their class, if the jury decides course conditions warrant this, but the run will not count in the results.

Start time of both first and second runs should be posted and should be in real (clock) time (i.e. 1:00pm, not a statement such as: "one hour after completion of the first run").

D. Start Procedures

Standard FIS start procedures should be followed:

(1) GS, Super G, and DH

- Ten (10) seconds before start: the starter announces "Ten Seconds".
- Five (5) seconds before the start: The starter will begin counting "5,4,3,2,1, Go" or will use a similar audible signal. Note: racer must leave within the period after "5, and up to 5 seconds after "Go".

(2) Slalom

- When the starter receives the order for the next start, announce: "Ready".
- A few seconds later: "Go". Note racer must start within 10 seconds of the command "Go".

E. Race Course Criteria

The following are criteria for Masters Race Courses, recognizing the need to adapt to available topography:

Slalom:

Vertical drop	120-200 meters
Number of gates	minimum 45, maximum 60
Number of runs	Two (2)
Minimum time per run	40 seconds
Type of gates	Per FIS requirement (no flags)

Giant Slalom:

Vertical Drop	250-400 meters
Number of gates	12% to 15% of vertical meters
Number of runs	Two (2)
Minimum time per run	50 seconds

Super Giant Slalom:

Vertical Drop	350-600 meters
Number of gates	7% to 10% of vertical meters
Number of runs	One (1) (training may be required)
Minimum time per run	50 seconds

Downhill:

Vertical drop	400-800 meters
Number of gates	As required (safety considered)
Number of runs	One (1) with two or more training runs
Minimum time per run	60 seconds

F. Timing:

Electric timing is required for the primary timing, and separate backup timing must be utilized as secondary timing.

G. Protests:

Race Jury: Any protest, which may be verbal or in writing, must be made to a member of the Jury within 15 minutes after the posting of the DQ list. A thirty (\$30) dollar fee must accompany a formal protest of disqualification. The protest may be ruled upon by the jury as soon as possible, but it is possible that a decision might not be determined until after the race. If the ruling is in favor of the racer, the thirty dollar protest fee will be refunded.

H. Results List

The race organizer is to prepare a results list (preferably typed) as soon as feasible after each race showing results by age group for all classes. Results lists should show the following for each racer.

- Bib Number
- Name
- 1st run time in seconds
- 2nd run time in seconds
- Total time in seconds

7. **RACE PACKAGE**

The following items must be available at race registration and will be provided to the organizing area by the race weekend:

- Extra entry cards
- List of Far West and USSA registered Masters racers.
- Temporary bibs and Temporary bib list
- Far West Masters Applications
- USSA Applications
- USSA Temporary license forms

Every attempt will be made by the Masters to provide a volunteer Race Coordinator who will act as the Masters representative during the registration, and will help the organizer with the registration, race information poster, race results, etc..

8. **BIBS**

Entrants will have their own permanent bibs displaying Granite Chief as the sponsor, and these shall be used for the competition. Racers must have their Granite Chief bibs with them at all times while inspecting the course.

Masters Series will supply extra bibs for those competitors without their permanent bib. A returnable bib deposit may be required. Should a competitor race without the correct number (Masters Permanent Bib), it shall be the responsibility of the competitor to ensure that correct credit is given for the race results with regard to the year-long point standings

9. **MASTERS TECHNICAL REPRESENTATION**

A Technical Delegate is required for all Masters Competitions, and this individual will be assigned by the Technical representative from USSA for the Far West Division.

A referee will also be assigned from within the Far West Masters series of officials.

