



SPECIAL OLYMPICS MANITOBA

**Winter Games**

WINNIPEG 2023



# **SPORT TECHNICAL PACKAGE**

## **ALPINE SKI**

**EVENT:** 2023 Special Olympics Manitoba Provincial Winter Games

**PLACE:** Winnipeg

**DATE:** February 24 - February 26, 2023

## **2023 SPECIAL OLYMPICS MANITOBA PROVINCIAL GAMES ALPINE SKI TECHNICAL PACKAGE**

Technical Packages are a critical part of the Special Olympics Manitoba Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the organizing committees by detailing tournament formats and scoring procedures, help with budgeting by describing the number of participants permitted and advance coaching certification by stating minimum requirements.

Every Games coach has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the Games or could affect final standings or the conduct of the competition. If someone does not understand an aspect of a Technical Package, he or she is to seek clarification from SOM.

Technical Packages are developed primarily by SOM, in consultation with National Sport Organizations (where applicable), following the principles, guidelines and requirements of SOM. As the overall governing body of the Games, SOM has the ultimate authority for Technical Packages, but this authority is exercised only with the knowledge, cooperation and understanding of all SOM Clubs.

If an individual wishes to initiate a change to a Technical Package leading up to a Games, the desired change should be first directed to the Competitions Coordinator for SOM. They will evaluate the merits of the change and will, if it has merit, submit changes to all of the clubs. The coach will submit the rationale for the change. Minor corrections will be considered at almost anytime, but will be increasingly difficult to achieve within six months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package early.

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## I. Venue:

The Alpine ski competition will take place at Springhill Winter Park.

## II. Participants

### a. Competitors:

Open to any registered athlete of Special Olympics Manitoba.

## III. Age Category

All athletes must be 8 years of age or older as of the first day of competition (February 24, 2023)

## IV. Eligibility

### a. Coaches:

Any coaches listed on the official registration form must obtain the following certification no later than 10 days prior to the start of the Games.

- SOC Competition Sport Coach or SOC Level 1 Certified (old NCCP);
- Sport Specific Education – **Entry level Coach Workshop or CSIA level 1**
- Introduction to Competition Part A or Theory 1 (old NCCP);
- Making Ethical Decisions – evaluated;
- Respect in Sport;
- Leading a Return to Sport Participation Online Module;
- Must be a member in good standing with Special Olympics Manitoba;

### Exemption Process

All coaches selected to attend the Provincial Games must provide proof of qualifications to the Provincial Office no later than *10 days prior* to the Provincial Games in the respective sport. Should a coach fail to meet the required qualifications, he/she may apply for an exemption. The application must outline the reasons for the exemption, and detail the reason(s) for incomplete qualifications. Should an exemption be granted, the coach will be eligible to attend the respective Provincial Games. It should also be noted that a coach who receives an exemption would not be eligible for any further exemptions in the respective sport (i.e. he/she must meet all qualification requirements prior to the next Games).

### b. Competitors:

Athletes meet all eligibility requirements outlined below to be eligible to participate in a Provincial Games:

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- i. Athletes must be registered with an accredited Special Olympics Region, and be active in a Special Olympics program.
- ii. Athletes must have been training in alpine for a minimum of 1 sport season prior to the Games,

## V. Competition

### ii. Equipment and Safety Requirements

All alpine skiing athletes must arrive at the competitive venue prepared and equipped to ski.

Athletes will follow the appropriate equipment specifications outlined in the FIS rulebook. There will be no ski length restriction.

*FIS Specifications for competition equipment:*

Crash Helmets

Only helmets are permitted whose shell and padding cover the head and ears. The National Ski Associations are advised to provide their teams only with crash helmets which satisfy the minimum requirements and which have been certified by recognized institutes.

Helmets with spoilers or edges that stick out are not permitted.

\*NOTE: Hockey, cycling and other helmets not designed for Alpine Skiing will not be permitted.

\*NOTE 2: FIS approved stickers on the helmet are not mandatory.

### b. Rules

The competition will be run according to Fédération internationale de ski (FIS) and the Alpine Canada (AC) rules for alpine skiing competitions, except when they are in conflict with Special Olympics Canada (SOC) rules. In such cases SOC rules shall apply.

### c. Events

1. Giant Slalom
2. Super-G
3. Slalom

### d. Tentative Schedule

The alpine skiing competition will take place on Saturday, February 25<sup>th</sup> with the tentative schedule included as Appendix III.

### e. Practice/Warm-Up

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The competition schedule will allow for appropriate warm-up time for all athletes. Exact warm-up times may be made available once the competition schedule is finalized

f. Race Procedures

Racers will race twice in the morning for divisioning rounds, then final rounds (2 runs) in afternoon.

g. Competitive Attire

Special Olympics Manitoba Policy 4000-6, Use of Commercial Messages on Uniforms or Equipment will be adhered to at the Games. (Appendix I)

h. Marshalling

Athletes must be at the start area at the designated start time.

i. Starts

The start command will be English only and will be as follows:

5.4.3.2.1.GO

j. Tie Breakers

There will be no tiebreakers.

In the case of a tie, each athlete who has achieved the same result shall receive the award for the highest place. Athletes who follow shall receive the appropriate award for their order of finish (e.g. two athletes who tie for first shall both receive recognition for first place. The athlete with the next highest score will receive recognition for third place).

k. Technical Officials

The host society will select technical officials that are certified by Alpine Ski and volunteers from SOM.

l. Protest Procedures

All protests must be submitted in writing by the Head Coach to the Alpine Sport Manager within 30 minutes following the posting of results.

Divisions cannot be protested.

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Any discrepancies in results (as posted) should first be checked with the Results Coordinator.

Please find attached (Appendix II) a copy of the Protest Form to be utilized for the 2023 Special Olympics Manitoba Provincial Winter Games.

## **V. Head Coaches Meetings**

### a. Schedule

Head coach meeting will take place Friday evening at the Delta Hotel (exact time & location TBD).

### b. Meeting Attendance

Clubs are not limited to the number of representatives they can send to the coaches meetings, yet only one representative, **per team** is permitted to speak.

The speaking representative will be asked by the chair to introduce themselves and other team representatives at the beginning of each meeting.

## **VI. Results**

Results will be posted in a designated area immediately following competition. A full results package will be provided to all Head Coaches upon completion of each day's events.

Once results are made official they will be made available to the media and posted on-line.

## **VII. Award Presentations**

Award presentation for Alpine will take place at the completion of the games at Springhill.

Gold, silver, and bronze medals will be awarded to the first, second and third place athletes or teams respectively in each division.

The athletes who have been judged first, second and third shall stand in their official uniforms. The first place team will be in the centre with the second place team on their right and the third place team on their left. The third place award is presented first followed by the second place award and ending with the first place award..

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## **Alpine Skiing**

The Special Olympics Canada (SOC) Official Sports Rules shall govern all SOC alpine skiing competitions. As a national sports program, SOC has created these rules based upon the Fédération internationale de Ski (FIS) and Alpine Canada (AC) rules. FIS or AC rules shall be employed except when they are in conflict with the SOC Official Sports Rules. In such cases, the following SOC official Alpine Skiing sport rules shall apply.

### *SECTION A*

#### Official Events

1. Downhill
2. Giant Slalom
3. Slalom
4. Super-G

### *SECTION B*

#### Rules Of Competition

1. Alpine Skiers must only qualify in three of the official racing events in Provincial Games to be eligible to attend National Games. These three events would be the Slalom, Giant Slalom and Super-G. They need not qualify in the Downhill in order to attend the National Games. If time and weather conditions permit, a Downhill race can be run, but not required in order for an athlete to move on to National Games. Despite not qualifying in the Downhill, athletes selected to move on to the National games will be eligible to compete in the Downhill event at the National Competition.
  2. A. ***Downhill*** - Novice, Intermediate and Advanced skiers shall have one time trial run. This time will be used for divisioning purposes. Once divisions have been established, and the competitor's skill level has been determined, the competitor shall compete within the respective level for the entire competition. The time trial run is also used to establish the start order for the first run of competition. For competition, the competitor with the fastest trial time shall race first, slowest last.  
  
B. ***Giant Slalom*** - Novice, Intermediate and Advanced skiers shall have two time trial runs, with the fastest time used to determine their division for competition. Once divisions have been established, and the competitor's skill level has been determined, the competitor shall compete within the respective level for the entire competition. Time trials are also used to establish the start order for the first run of competition. In the first run of competition within each division, the fastest trial time starts first, slowest last. The start order for the second run is determined by inverting the order of finish of the first run within each division.
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C. **Slalom** - Novice, Intermediate and Advanced skiers shall have two time trial runs, with the fastest time used to determine their division for competition. Once divisions have been established, and the competitor's skill level has been determined, the competitor shall compete within the respective level for the entire competition. Time trials are also used to establish the start order for the first run of competition. In the first run of competition within each division, the fastest trial time starts first, slowest last. The start order for the second run is determined by inverting the order of finish of the first run within each division.

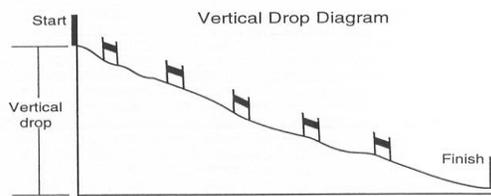
D. **Super-G** - Novice, Intermediate and Advanced skiers shall have two time trial runs, with the fastest time used to determine their division for competition. Once divisions have been established, and the competitor's skill level has been determined, the competitor shall compete within the respective level for the entire competition. Time trials are also used to establish the start order for the first run of competition. In the first run of competition within each division, the fastest trial time starts first, slowest last.

\*NOTE: If time in the race schedule is restricted and divisioning within each discipline is not possible, then, for purposes of divisioning, each skier shall have two time trial runs on a modified Giant Slalom course of their ability level, with the fastest time used to determine their division for competition.

3. During competition, if a competitor should move out of the general direction of the line of the course (fall, miss a gate, ski comes off, etc.) he/she shall have 2 minutes from the time of the deviation to re-enter the course. A competitor who fails to adhere to this 2-minute time limit or receives physical assistance of any kind shall be disqualified. The gate judge assigned to the gate closest to where the infraction occurred shall determine disqualification. The gate judge is responsible for timing the 2 minutes.
4. The minimum and maximum requirements for gates, vertical drops, slope gradients, and other elements that are necessary for the course-setters to consider when setting novice, intermediate and advanced courses are identified in these following rules.

### NUMBER OF GATES

\*Includes start and finish gates. Each gate shall consist of a turning pole and outside pole, which are of the same colour. Gates shall be of alternating colours as one proceeds through the course.



\*\*Vertical Drop: The vertical distance in elevation between the start and the finish.

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## **DOWNHILL**

*Requirements:* Course should be set on trail with slope gradient constant (No counter-slopes/side hills). Course should be set on trail with width of no less than 30 metres (95 feet). Course should be set in such a manner that the competitors will start a turn no less than 2.5 to 3.5 seconds after initiating the previous turn.

### **NOVICE:**

*Number of Gates\*:* 5 minimum, 10 maximum

*Vertical Drop\*\*:* 15m (50ft) minimum, 60m (195ft) maximum

*Slope Gradient:* 10% minimum, 20% maximum. Beginner to Intermediate terrain.

### **INTERMEDIATE:**

*Number of Gates\*:* 8 minimum, 15 maximum

*Vertical Drop\*\*:* 30m (95ft) minimum, 80m (260ft) maximum

*Slope Gradient:* 15% minimum, 28% maximum. Intermediate terrain.

### **ADVANCED:**

*Number of Gates\*:* 10 minimum, 20 maximum

*Vertical Drop\*\*:* 100m (310ft) minimum, 500m (1,620ft) maximum

*Slope Gradient:* 15% minimum, 28% maximum. Intermediate terrain.

## **GIANT SLALOM**

*Requirements:* Course should be set on trail with slope gradient, which is relatively constant (No counter-slopes/side hills). Course should be set on trail with width of no less than 30 metres (95 feet). Course should be set in such a manner that the competitors will start a turn no less than 1.5 to 2.5 seconds after initiating the previous turn.

### **NOVICE:**

*Number of Gates\*:* 7 minimum, 15 maximum

*Vertical Drop\*\*:* 15m (50ft) minimum, 60m (195ft) maximum

*Slope Gradient:* 10% minimum, 20% maximum. Beginner to Intermediate terrain.

### **INTERMEDIATE:**

*Number of Gates\*:* 10 minimum, 20 maximum

*Vertical Drop\*\*:* 30m (95ft) minimum, 80m (260ft) maximum

*Slope Gradient:* 10% minimum, 28% maximum. Intermediate terrain.

### **ADVANCED:**

*Number of Gates\*:* 15 minimum, 45 maximum

*Vertical Drop\*\*:* 80m (260ft) minimum, 350m (1,140ft) maximum

*Slope Gradient:* 20% minimum, 45% maximum. Intermediate to Advanced terrain.

## **SLALOM**

*Requirements:* Course should be set on trail with slope gradient, which is relatively constant. (No counter-slopes/side hills). Course should be set on trail with width of no less than 25 metres (81 feet). Course should be set in such a manner that the competitors will start a turn no less than 0.75 to 1.5 seconds after initiating the previous turn.

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**NOVICE:**

*Number of Gates\**: 10 minimum, 15 maximum

*Vertical Drop\*\**: 15m (50ft) minimum, 50m (162ft) maximum

*Slope Gradient*: 10% minimum, 20% maximum. Beginner to Intermediate terrain.

**INTERMEDIATE:**

*Number of Gates\**: 20 minimum, 30 maximum

*Vertical Drop\*\**: 30m (95ft) minimum, 80m (260ft) maximum

*Slope Gradient*: 20% minimum, 28% maximum. Intermediate terrain.

**ADVANCED:**

*Number of Gates\**: 35 minimum, 60 maximum

*Vertical Drop\*\**: 60m (195ft) minimum, 180m (600ft) maximum

*Slope Gradient*: 20% minimum, 45% maximum. Intermediate to Advanced terrain.

**SUPER-G**

*Requirements*: Course should be set in such a manner as to cause competitors to initiate a turn not less than 2.0 to 3.0 seconds from the previous turn.

The distance between gates shall be not less than six metres and not more than eight metres. In the advanced Super-G, the course may be set in a variety of long and medium turns, but Novice and Intermediate courses should be rhythmical.

**NOVICE:**

*Number of Gates\**: 5 minimum, 10 maximum

*Vertical Drop\*\**: 50 m (162ft) minimum, 100m (325ft) maximum

*Requirements*: Low intermediate to novice terrain with a constant gradient.

**INTERMEDIATE:**

*Number of Gates\**: 12 minimum, 25 maximum

*Vertical Drop\*\**: 100 m (325ft) minimum, 200m (650ft) maximum

*Requirements*: Intermediate terrain with a constant gradient.

**ADVANCED:**

*Number of Gates\**: 18 minimum, 35 maximum

*Vertical Drop\*\**: 150 m (487ft) minimum, 300m (975ft) maximum

*Requirements*: High intermediate to advanced terrain and may be variable gradient.

***SECTION C***

**Equipment and Safety Requirements**

Athletes will follow the appropriate equipment specifications outlined in the FIS rulebook. Helmets\* are mandatory and must be worn by athletes while competing in all events.

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*FIS Specifications for competition equipment 2006-2007:*

Only helmets are permitted whose shell and padding cover the head and ears. The National Ski Associations are advised to provide their teams only with crash helmets which satisfy the minimum requirements and which have been certified by recognized institutes.

Helmets with spoilers or edges that stick out are not permitted.

Certain helmets must show a smooth top surface for safety reasons.

\*Note: Hockey, cycling and other helmets not designed for Alpine Skiing will not be permitted.

## USE OF COMMERCIAL MESSAGES ON UNIFORMS OR EQUIPMENT - APPEDIX I

Section 4000-6: MARKETING AND DEVELOPMENT Topic: USE OF COMMERCIAL MESSAGES ON UNIFORMS OR EQUIPMENT Effective Date: November 2006  
Revised: January 2016

### **PURPOSE:**

As it is both a Special Olympics International and Special Olympics Canada policy to not allow advertising on uniforms at National and International Games this policy is intended to provide clear direction on the use of commercial markings on club/Provincial Team uniforms.

### **POLICY:**

- Advertising is not permitted on, either equipment used or the uniforms and/or numbers worn by athletes or by any person with an official function other than the normal commercial markings on retail goods during the competition.
  - Athletes not actively involved in competition may wear apparel, carry and use non-sports equipment items, such as tote bag, bearing small (2 inch by 2 inch) and attractively designed identification of corporate or organizational sponsors.
  - Volunteers, other than sport officials, may wear jackets, t-shirts, caps and other apparel bearing small (2 inch by 2 inch) and attractively designed identification of corporate and organization sponsors at sports venues.
  - During the Opening and Closing Ceremonies, athletes, coaches, team delegates and other official members in the Parade of Athletes are not permitted to wear uniforms, which bear corporate or organizational identification.
  - Athletes may not endorse products by displaying them in interviews or ceremonies.
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**2023 SPECIAL OLYMPICS MANITOBA  
PROVINCIAL WINTER GAMES**

**ALPINE SKI PROTEST FORMS – APPENDIX II**

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Delegation: \_\_\_\_\_

Date of Incident: \_\_\_\_\_

Time of Incident: \_\_\_\_\_

Game: \_\_\_\_\_

**Name and number of athlete(s) involved:**

1. Name: \_\_\_\_\_ Region: \_\_\_\_\_ Bib Number: \_\_\_\_\_

2. Name: \_\_\_\_\_ Region: \_\_\_\_\_ Bib Number: \_\_\_\_\_

3. Name: \_\_\_\_\_ Region: \_\_\_\_\_ Bib Number: \_\_\_\_\_

4. Name: \_\_\_\_\_ Region: \_\_\_\_\_ Bib Number: \_\_\_\_\_

**List of Rule(s) Alleged to Have Been Infringed:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Statement of Facts:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Request of The Referee:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Signed by:** \_\_\_\_\_

Head Coach

Chapter

**Received by:** \_\_\_\_\_

Alpine Ski Sport Manager

Time

Date

**PROTEST COMMITTEE USE ONLY**

Protest Fee Paid                      Yes                      \_\_\_\_\_                      No                      \_\_\_\_\_

Protest Committee Decision:                      Accepted                      \_\_\_\_\_                      Rejected                      \_\_\_\_\_

Protest Committee Initials:                      \_\_\_\_\_                      \_\_\_\_\_                      \_\_\_\_\_

## **Protest and Appeal Procedure**

**A reminder** that all protests must be submitted **in writing** by the **Head Coach** to the **Sport Specific Manager** within 30 minutes following the posting of results

Any discrepancies in results (as posted) should first be checked with the **Results Centre**.

The protest committee will be comprised of:

1. Sport Manager
2. Head Official
3. SOM Games Representative

Protest forms to be utilized for the Special Olympics Manitoba 2023 Provincial Winter Games were included in the technical packages for all sports.

The results of the protest committee will be rendered to the Head Coach immediately following the review and follow-up in writing.

Should a Head Coach wish to appeal a protest decision, the Head Coach must submit a request in writing to Darren Hemeryck, Director of Sport, SOM. The Appeals Committee will review the request for an appeal to determine if there are grounds for an appeal. If satisfied that there are not sufficient grounds for an appeal, the Committee will notify the Head Coach in writing of its decision. This decision is discretionary and cannot be appealed.

If deemed to have sufficient grounds, the Head Coach will be notified immediately and the appeal will be heard as soon as time permits. Once the appeal has been heard the committee will notify the Head Coach in writing of its decision.

The Appeals Committee will be composed of:

1. A Chair
2. SOM Games Committee Representatives
3. Other SOM Representatives

### **Grounds for Appeal**

An appeal of a protest decision shall only be heard if there are sufficient grounds for the appeal. Sufficient grounds include, but are not limited to:

- a) failing to follow procedures as outlined above
- b) making a decision which was influenced by bias
- c) failing to consider relevant information or taking into account irrelevant information in making the decision
- d) availability of new information not heard during the appeal

**APPENDIX III**

**Alpine Skiing Schedule  
2023 Provincial Games  
Saturday, February 25, 2023**

10:00 am	Springhill Lift Opens Athletes Warm Up Runs
10:15 am	Course Inspection
10:30 am	2 Divisioning Runs
11:00 am	2 Slalom Runs
11:45 am	LUNCH
12:30 pm	Course Inspection
1:00 pm	2 Runs
1:30 pm	Course Change
2:00 pm	2 Runs
3:00 pm	AWARDS CEREMONY

Note: Times may change based on weather.