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Gradivo sestanka **za** **Tehnične delegate, Regijske trenerje in Koordinatorje otroškega programa** **tekmovanj v letu 2011**

Namen sestanka je tradicionalno srečanje tehničnih delegatov, organizatorjev in regijskih trenerjev ter koordinatorjev v otroškem programu pred začetkom tekmovanj v letu 2011.

V preteklih sezonah se je pozitivno izkazalo srečanje tistih sodelujočih pri organizaciji in izvedbi otroških tekmovanj, ki dejansko kot regijski trenerji in člani žirije vodijo posamezna tekmovanja ter tako vplivajo na končno izvedbo. Zato je skupni interes, da se pred vsakim začetkom sezone tekmovanj še enkrat pregleda posebnosti pri vodenju in izvedbi skladno s pravili, ki veljajo za posamezne discipline:

A. Organizacija in izvedba treninga in tekmovanja v SG

I. Sklop : Dva dni za MDI-E, Dva dni za SDI-E.

Prvi dan trening(min. dve vožnji od katerih je ena na čas), **drugi dan dve tekmovanji.**

Dve tekmovanji za kategorijo MDI-MDE. Velja samo en rezultat

Dve tekmovanji za kategorijo SDI-SDE. Velja samo en rezultat

II. Sklop Dva dni za MDI-E, Dva dni za SDI-E.

Prvi dan trening(min. dve vožnji od katerih je ena na čas), **drugi dan dve tekmovanji.**

Dve tekmovanji za kategorijo MDI-MDE. Velja samo en rezultat. Prva tekma je DP.

Dve tekmovanji za kategorijo SDI-SDE. Velja samo en rezultat. Prva tekma je DP.

B. Organizacija in izvedba tekmovanja v VSL za DI in DE.

Max. višinska razlika 250 m. Dva teka za SDI-E. En tek za MDI-E.

C. Organizacija in izvedba tekmovanja v SL za DI in DE.

Izvedba slaloma na en količek ob predhodni najavi v razpisu.

Če ni navedbe v razpisu je tekmovanje izvedeno na dva količka

D. Organizacija in izvedba treninga in tekmovanja v KOM za CICI in CICE **(v pretekli sezoni ni bilo terenskih in vremenskih pogojev za izvedbo)**



IBAN: SI56 0201 0025 4706 834
NLB d.d., Ljubljana, Trg republike 2
SWIFT BIC: LJBSIT2X

Gradivo:

1 Organiziranost otroških programov

- 1.1 **Sodelovanje klubskih trenerjev v programih**
- 1.2 **Količine in razmerja med disciplinami za delo na snegu po starostnih kategorijah.**
(klubski, regijski in državni nivo skupaj- priporočilo)
- 1.3 **Koledar otroških tekmovanj-Argeta**
- 1.4 **Protokol otroških tekmovanj-Argeta**
- 1.5 **Kombinacijska tekma za CICI-CICE-Argeta**

2 Mednarodna pravila za otroška tekmovanja:

- 2.1 **Pravila 608**
- 2.2 **Podrobnosti o opremi in oznakah**
- 2.3 **FIS Tabela višinskih razlik, sprememb smeri..**
- 2.4 **Mednarodna vedenjska pravila FIS**

1. 1 Sodelovanje klubskih trenerjev v programih

Treninge v pripravljalnem obdobju izvajajo regijski trenerji pod vodstvom glavnega trenerja (v dogovoru z vodjem otroških programov). Regijske trenerje izbere vodstvo posamezne regije (štiri regije) na podlagi usposobljenosti (trener alpskega smučanja), številu otrok uvrščenih znotraj regije po rangu SZS, znanja postavljanja in udeležb na seminarjih ZUTS. Vsaka od štirih regij lahko predlaga do 3 trenerje, ki bodo sodelovali v programu otroških reprezentanc.

Naloge regijskih trenerjev:

1. Obveščanje klubskih trenerjev v regiji o dogovorih in sklepih vodstva programa.
2. Organiziranje regijskih treningov in preizkusov znanja OAS.
3. Sodelovanje pri organizaciji in izvedbi regijskih tekmovanj.
4. Sodelovanje na mednarodnih tekmovanjih v organizaciji regij.
5. Postavljanje na državnih tekmovanjih. Traserji VSL, SL in SVSL ter KOM, ter člani žirije (glavni sodnik).
6. Sodelovanje pri skupnih treningih otroških ekip za mednarodna tekmovanja. (Na povabilo odgovornega trenerja)
7. Sodelovanje na mednarodnih tekmovanjih v organizaciji SZS. (Na povabilo odgovornega trenerja)
8. Za sodelovanje regijskih trenerjev pri skupnih treningih in mednarodnih tekmovanjih dajo člani AO in klubi soglasje, za sodelovanje klubskih trenerjev v vlogi regijskih trenerjev ter za uporabo klubskih vozil in opreme za potrebe skupnih treningov in mednarodnih tekmovanj. Izbrani trenerji bodo za svoje sodelovanje dobili dnevnicu za vsak dan dela v otroškem programu SZS. Za klubska vozila krije SZS stroške goriva in cestnin za čas uporabe na skupnih treningih SZS in mednarodnih tekmovanjih.
9. Sodelovanje regijskih trenerjev na posameznih mednarodnih otroških tekmovanjih.
Na vsa mednarodna tekmovanja prijavlja tekmovalce vodja otroških programov SZS po dogovoru z odgovornim trenerjem otroškega programa iz sedeža SZS. Ekipo sestavlja 10 tekmovalcev (2+2, 3+3) in štiri (4) regijski trenerji in vodja reprezentance. Na mednarodnem tekmovanju lahko sodelujejo samo tisti tekmovalci in trenerji, ki so uradno prijavljeni s strani SZS. Samo prijavljeni trenerji in vodja reprezentance so lahko prisotni v štatnem in ciljnem prostoru ter na progi (v času ogleda proge in tekmovanja), za kar dobijo od organizatorja akreditacijo. Izjema je Pokal LOKA , kjer z regijskimi trenerji lahko sodelujejo tudi vsi zainteresirani klubski trenerji, katerih tekmovalci sodelujejo na tekmovanju za Pokal Loka.
10. Tekmovalci in tekmovalke potujejo na mednarodna tekmovanja samo v sklopu reprezentance. V primeru neupoštevanja pravila, se tekmovalec tekmovanja ne more udeležiti.
11. Trenerji so dolžni ravnati v skladu strokovnega kodeksa ZUTS-SZS in pravili ravnanja v času tekmovanj.

1.1.2 Obnašanje in disciplina

Tekmovalke in tekmovalce spodbujamo k maksimalni prizadevnosti, korektnim odnosom v ekipi, visoki delovni motivaciji in fair-playu. V primeru kršenja teh pravil, se tekmovalec ne more udeležiti skupnih treningov ali nastopiti na mednarodni tekmi, oziroma mora zapustiti trening in poleg tega poravnati vse stroške treninga (bivanje, karta, prevoz).

1.2 Tabela - priporočilo

Količine in razmerja med disciplinami za delo na snegu po starostnih kategorijah.
(klubski, regijski in državni nivo skupaj)

Starost	VSL	SL	SG	KOM	Skupaj	Državni štarti	Priporočeno
					DR	Skupno število	število dni na
					RR	Regijski štarti	na snegu
14					25		
SD	35% 6	35% 6	20% 4		16	10% TREN.+UČ.+OAS ---->	100% 110
13					9		
MD	30% 6	30% 5	20% 4		15	20% TREN.+UČ.+OAS ---->	100% 90
12					20		
11					5		
CC	40% 4	20%		2	6	40% TREN.+UČ.+OAS ---->	100% 70
10					11		
9					5		

1.3 KOLEDAR OTROŠKIH TEKMOVANJ

VN ARGETA 2011 - KOLEDAR TEKEM IN TERMINSKI RAZPORED

DATUM	SD	MD	ORG REZERVA	CC	ORG REZERVA
JANUAR 2011					
SOB 8.JAN	SL 1	SL 1			
NED 9.JAN	VSL 1	VSL 1			
17.-18.JAN	SG 1				
19.-20.JAN		SG 1			
SOB 22.JAN	SL 2	SL 2			
NED 23.JAN	VSL 2	VSL 2			
NED 30.JAN				VSL 1	
FEBRUAR 2011					
1.-4. FEB	SG REZERVA	SG REZERVA			
SOB 5. FEB	SL 3	SL 3		VSL 2	
NED 6. FEB	VSL 3	VSL 3		CEN-VSL	Rok Petrovič
NED 13.FEB				VSL 3	
MAREC 2011					
TOR 1.MAR	VSL 4	VSL 4	Šolsko prvenstvo		
SRE 2.MAR	SL 4	SL 4			
7.-8.MAR	SG DP				
9.-10. MAR		SG DP			
SOB 12.MAR	SL 5 DP	SL 5 DP			
NED 13.MAR	VSL 5 DP	VSL 5 DP		VSL 4	
NED 20. MAR				VSL 5	
SOB 26. MAR	SL 6				
NED 27.MAR	VSL6	VSL 6		VSL 6. DP	

1.5 PROTOKOL OTROŠKIH TEKMOVANJ v SLOVENIJI 2010 / 2011

1. SZS objavi koledar tekmovanj na spletni strani SZS. www.sloski.si
Organizator pošlje razpis T. Marinčku, ki ga objavi na spletu.
2. Dogovor med SZS in organizatorjem (posamezno regijo) za izvedbo tekmovanja se smatra sklenjen, ko Odbor za alpske discipline potrdi organizatorje in izvajalce za tekočo sezono.
3. Zavarovanje prireditve sklone SZS.
4. Organizacija tekmovanja:
Tekmovanje izvede tisti klub oz. društvo, katerega predhodno izbere posamezna regija.
V primeru, da izbran izvajalec ne more izvesti tekmovanja, mora pravočasno obvestiti vodstvo regije, da izbere nadomestnega organizatorja v istem terminu. V primeru, da znotraj regije ni mogoče najti organizatorja, regija po predhodni (v ponedeljek) najavi vrne tekmovanje SZS (sreda), katera ponudi organizacijo tekmovanja drugi regiji oz. tekmovanje odpove. Odpovedano tekmovanje se ne nadomešča. V primeru DP velja za DP naslednji možni termin (sklop tekem).
- 4.1 Za izvedbo tekmovanja je izvajalec opravičen do startnine, katero plačajo sodelujoči tekmovalci.
- 4.2 Izvajalec ima za potrebe oglaševanja svojih sponzorjev na voljo 1/5 ciljnega prostora.
- 4.3 Sponzorji ne smejo biti iz istega področja, kot so sponzorji alpskih disciplin SZS.
- 4.4 Tekmovanje se po možnosti izvaja samo na kompaktnem snegu .
- 4.5 Organizator tekmovanje v SL izvede glede na možnosti vzporedno (istočasno na dveh progah možnost sodelovanja med klubi). Tekmovanje v VSL za SDI-E organizator izvede v dveh tekih.
- 4.6 Tekmovalne proge mora izvajalec – organizator tekme pripraviti in zaščititi v skladu s FIS pravili. Bilten SZS
- 4.7 SZS sofinancira izvedbo tekmovanja organizatorju v višini za dan tekmovanja kot izhaja:
 - Za Cicibansko tekmovanje 330,00 € bruto,
 - Za Paket SL in VSL (dečki in deklice) 520,00 € bruto,
 - DP Šolsko (dečki in deklice) 330,00 € bruto,
 - Za dva dni SG (MDE-MDI) 520,00 € bruto,
 - Za dva dni SG (SDE-SDI) 520,00 € brutoIzvajalec po končani prireditvi izstavi račun SZS, za organizacijo tekmovanja.
- 4.8 Razglasitev rezultatov mora zagotovi izvajalec preko ozvočenja maksimalni čas 20 min po končanem tekmovanju
- 4.9 Državna himna na DP se predvaja samo pred razglasitvijo rezultatov državnega prvenstva!

PORAZDELITEV NALOG in STROŠKOV MED SZS IN ORGANIZATORJEM

SZS

1. Stroški zavarovanja prireditve
2. Potni stroški tehničnega delegata (TD) so všteti v sofinancirani del.
3. Diplome in kolajne: (20/za dan cici in 32/ za dan DI in DE, diplome za MDI-E do 10)
4. Tehnična oprema :-cilj - zastavice in štartne št.
5. Nagrade (glavni sponzor) :(20/za dan cici in 32/ za dan DI in DE)
6. Sofinanciranje izvedbe tekmovanja.

ORGANIZATOR

1. Pogodba za uporabo smučišča
2. Merjenje časov in sodniška ekipa (v cilju semafor in tabla z kartončki).
3. Transport opreme sponzorja na start in cilj
4. Vozovnice za sodelujoče in sponzorje
5. Dodatne nagrade: (20/za dan cici in 32/ za dan DI in DE)
6. Prenočišče za tehničnega delegata

1.6. POVZETEK ZA ORGANIZACIJO KOMBI TEKME V KATEGORIJI CCE/CCI v sezoni 2011

1.6.1 PROGA

- 1.1. Homologirana proga za VSL (140 do 200 m višinske razlike) brez terenskih oblik.
Priporočilo: Minimalno 30 zavojev in 4 menjave sekcij (VSL,SL,VSL,SL)
- 1.2. Vrataca
 - SL postavitev (od 8-13 m, brez vertikalnih kombinacij)
 - VSL postavitev (razdalje po pravilu 13 – 15 % na višinsko razliko)

Opomba:

Od konfiguracije terena je odvisno kako si sledijo posamezni odseki tekmovalne proge. Tekmovalni teren mora biti pripravljen in odprt za trening vsaj en dan pred tekmovanjem.

1.6.2 OPREMA

1. Tekmovalci :
 - obvezna uporaba VSL smuč
 - ostala predpisana oprema (zaščitna čelada)

2. Oprema za pripravo proge :
- kratki (mehki) količki
 - količki za SL
 - VSL vratica (samo notranji del)
 - talne oznake (barve ali smrekove vejice na terenskih spremembah (v primeru prelomnice in daljših zavojih)

1.6.3 TEKMOVALNA ŽIRIJA

Tekmovalna žirija, ki jo sestavljajo TD, vodja tekmovanja in glavni sodnik, mora dan pred tekmovanjem objektivno oceniti ali pogoji odgovarjajo postavljenim pravilom.

1.6.4 SISTEM TEKMOVANJA

- tekmuje se v enem teku
- po tekmovalnem Pravilniku SZS (za cicibansko kategorijo)

2. MEDNARODNA PRAVILA ZA OTROŠKA TEKMOVANJA:

FIS Alpine Childrens Competition Rules

Note: These Rules are a summary of all rules in the Alpine ICR governing Childrens Competitions (under General Rules)

607 Age Limits

607.1 The FIS competition year is July 1st - June 30th of the following year.

In order to compete in international competitions (except children's competitions) a competitor must have reached his 15th birthday before the end of the calendar year (Jan 1st - Dec 31st) in question.

The right to compete starts at the beginning of the competition year (July 1st) even if the competitor has not yet reached his 15th birthday at that time.

607.3 Classification at International Competitions

Admitted years of birth FIS Competition	Year	08/09	09/10	10/11	11/12	
K 1	1997	1998	1999	2000	CHI I	
	1996	1997	1998	1999		
K 2	1995	1996	1997	1998	CHI II	
	1994	1995	1996	1997		

2.1. Pravila 608

608 Childrens International Alpine Competitions (Only for Children's)

608.4 Limits on Competitions

608.4.1 A **K1** competitor may take part in **a maximum of two** international Children's alpine competitions outside their own country. **MDI-E = 2 + =3**

608.4.2 A competitor in the **first year of K2** may take part in **a maximum three**, international Children's alpine competitions outside their own country. **Prvo leto SDI-E = 3 +=4**

608.4.3. A competitor in the **second year of K2** may participate in **a maximum four** international Children's alpine competitions outside their own country. **Drugo leto SDI-E = 4 +=5**

608.4.4 Athletes from the Southern Hemisphere are granted the following exception: K1 competitors may participate in a maximum of 4 competitions in the Northern Hemisphere and K2 competitors may participate in a maximum of 8 competitions in the Northern Hemisphere.

608.4. 5 Adherence to these Rules should be monitored by the Alpine Sub- Committee for Youth and Children.

608.7 Children's Events

608.7.1 Children's Events may include, slalom, giant slalom, super-G, parallel, and kombi events and may also have a team competition.

608.7.2 Except where noted in ICR 608 for Children the Alpine Rules in ICR are to be followed.

608.7.3 Team competitions may be conducted for K1 and K2. Such team competitions should be described as «Specifications for Team Competitions for Children».

608.7.3.1 For the team evaluation, only the team declared at the first team captains meeting as "A" will be considered.

608.8 Equipment

608.8.1 All equipment used by Children is governed by the FIS Specifications for Competition Equipment.

608.8.2 Children are required to wear a crash helmet that conforms to the FIS specifications for competition equipment.

608.9 Border Regions

Children's events across nearby border regions, as long as they involve only neighbouring regional ski associations, are to be registered in writing with the FIS.

608.10 Club Competitions

Club competitions, so long as they really involve only teams from various clubs, are to be registered in writing by the organising club with its National Ski Association.

608.11 Parallel Events

The corresponding FIS ICR for the running of Parallel Events (ICR 1220) apply.

608.12 Kombi

The Children's Kombi is an internationally recognized event that consists of a mixture of standard turns and gates. The event meets developmental needs for this age group, creating a tactical awareness by blending sections of different gates in a flowing, rhythmical, constantly changing pattern. Results may be determined by combined times of each run, or each run may be classified separately. The OC must indicate the method in advance.

608.12.1 Course Setting

608.12.1.2 The Course Setter and Jury are to provide an interesting but safe course.

608.12.1.3 The racer's speed must be controlled when transitioning from one section to a different section and the course setting should allow skiers a smooth transition from jumps or waves back into the course.

608.12.2 Kombi Design

There can be **2** different forms of the Kombi:

SL / GS Format (technical orientation) Setting with stubbies, SL gates and GS gates or coloured ground indicators and GS / SG Format (speed orientation) Setting with GS and SG gates or coloured ground indicators. The selected race style must be announced on the race notice prior to the race and again at the first team captains meeting.

608.12.3 SL / GS Kombi: Technical Data

Slalom Skis are recommended to be used for SL/GS Kombi and the OC must announce in advance the type of Kombi to permit ski selection.

608.12.3.1 Terrain and Vertical drop.

Use Children's GS slope, vertical drop between 140 - 200 metres

608.12.3.2 Gates

Gates consist of two poles. Outside gate must be the same type as turning gate.(stubbie gate with stubbie gate, SL gate with SL gate, GS panel with GS panel)

- Consecutive gates must alternate in red and blue.
- SL gates must have a minimum distance of 4m and max. 6m.
- GS gates must have a minimum distance of 4m and a max. 8m.
- SL Minimum distance between Turning gate to Turning gate 0.75m.
- SL Maximum distance Turning gate to turning gate 12m.
- GS Minimum distance Turning gate to Turning gate. No minimum restriction
- GS Maximum distance Turning gate to turning gate 20m.

608.12.3.3 Course characteristics and recommendations:

- Minimum of 30 turns- Recommended to have a minimum of 5 different sections.
- **Slalom skis recommended**
- The course should test the skier's ability to react and adapt to an ever changing rhythm and radius, but allow the competitors smooth transition between the various sections of gates.
- Building terrain is optional but not necessary as the course itself should apply enough demand. Use creativity with available terrain.
- Include a minimum of one jump
- Avoid gates that cause sudden braking and deceleration.
- Use the entire slope and natural terrain and skiing across the fall line as often as possible
- It is recommended to use only a single pole for vertical combinations
- The first and last gates should lead the skier comfortably.
- There should be at least one section of stubby gates.
- Forerunners or course testers should be available for course setting.

608.12.4 GS / SG Kombi: Technical Data

Giant Slalom Skis are recommended to be used for GS/SG Kombi and the OC must announce in advance the type of Kombi to permit ski selection.

608.12.4.1 Terrain and Vertical drop.

Use homologated GS course, 250 meters maximum vertical drop

608.12.4.2 Gates

- Gates consist of two poles. Outside gate must be the same as turning gate.
- Consecutive gates must alternate in red and blue.
- GS gates must have a minimum distance of 4m and a max. 8m.
- SG gates must have a minimum distance of 6m and a max of 8m.

- GS Turning gate to Turning gate minimum 10m maximum 20m
- SG Turning gate to Turning gate minimum 15m maximum 28m

608.12.4.3 Course characteristics and recommendations:

- Number of Direction changes 10% to 12% of Vertical drop.
- Recommended to have 3-5 different sections.
- Giant Slalom skis recommended.
- The course should test the skier's ability to react and adapt to an ever changing rhythm and radius, but allow the competitors smooth transition between the various sections of gates.
- Building terrain is optional but must allow course to flow smoothly.
- Include a minimum of one jump
- Avoid gates that cause sudden braking and deceleration.
- The first and last gates should lead the skier comfortably.
- Forerunners or course testers should be available for course setting.

608.12.5 Kombi Inspection

A normal one run inspection and with a set inspection time is suggested.
The concept is to test reaction and adaptability from a standard amount of inspection time.

608.12.6 Number of runs

The OC and Jury should decide on the number of runs by the first team captains meeting. Depending on weather and course conditions it is recommended that entries up to 140 competitors should be 2 runs and entries over 140 competitors should be one run.

608.12.7 Rules

The ICR Slalom and Giant Slalom rules apply for running of the Kombi race except as modified in 608.

608.12.8 Starting order. By team seeding .

608.12.9 Gate keeping

A sufficient number of gate keepers should be present. For the Stubby sections it is recommended to have one gate keeper for every two gates. It is also recommended to spray a blue line on the inside of the gate to help with identifying straddles. (under Particular Rules for each Discipline)

Single Pole Slalom (only for FIS and Childrens level competitions)

614.1.2.3 Numbering the gates

The gates must be numbered from top to bottom of the course. Start and finish are not counted.

661.4.1 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.

661.4.1.2 The gate line in Slalom is the imaginary shortest line between the turning pole and the outside pole.

800 Slalom

801.1 Vertical Drop

801.1.3 Children's Courses - K1: maximum 120 m - K2: maximum 160 m

801.2 Gates

801.2.1 A slalom gate consists of two poles (art. 680).

801.2.3 A gate must have a minimum width of 4 m and a maximum of 6 m.

The distance between gates within combinations (hairpin, vertical or delayed gates) must not be less than 0.75 m. The distance from turning pole to turning pole of successive gates must not be less than 6.00 m and not more than 13 m (valid for all categories). Exception Children competitions - not more than 12 m.

801.2.4 Number of Direction Changes:

FIS, Continental Cup, Entry League races and Children competitions:

- 30% to 35% of the vertical drop +/- 3 direction changes

803 Course Setting

803.1 Course Setters

803.2 Number of Gates and Combinations of Gates

A Slalom must contain horizontal (open) and vertical (closed) gates as well as a minimum of one and a maximum of three vertical combinations consisting of three to four gates and at least three hairpin-combinations. It must also contain a minimum of one and a maximum of three delayed turns. Delayed gates must have a minimum distance of 12 m and a maximum distance of 18 m from turning pole to turning pole.

803.2.1 Children

- K1: Maximum 2 hairpin combinations and maximum 1 vertical combination consisting of maximum 3 gates.

- K2: Maximum 3 hairpin combinations and maximum 2 vertical combinations consisting of 3 - maximum 4 gates.
 - It must also contain a minimum of one and a maximum of three delayed turns
- The course should have no special technical difficulties.
Flex-poles must be light poles (25 - 28.9 mm).

New 804 Single Pole Slalom

All rules of the ICR are valid, except as follows:

804.1 Single Pole Slalom is permitted only in International FIS level competitions (see art. 201.3.4, 201.3.5 and 201.3.6)

804.2 A Single Pole Slalom has no outside pole, except for the first and the last gate, a delay gate and combinations (hairpin, vertical).

804.3 Where there is no outside pole, both feet and ski tips must have passed the turning pole on the same side, following the natural race line of the slalom. The natural race line is an imaginary line from turning pole to turning pole, which the racer has to cross. If the racer has not correctly passed the natural race line, then he has to climb back up and pass around the missed turning pole. Where there is an outside pole (first and last gate, delay gate and combinations (hairpin, vertical) art. 661.4.1 is valid.

806.2 Limitation in the Second Run

The Jury has the right to reduce the number of competitors in the second run to half, provided that notice was given in the invitation or on the official notice board before the race started, and at the team captain's meeting before the draw.

900 Giant Slalom

901.1 Vertical Drop

901.1.4 Children's Courses

- K1 and K2: maximum 250 m

Giant Slalom for K2 must consist of two runs, and for K1 this possibility should be granted.

901.2.4 The Giant Slalom has to be set as follows (number of direction changes by rounding up or down of the decimals): -

Children: 13% - 15% of the vertical drop

903.1.4 The course setter in setting the course for children should take particular consideration of the physical ability of the competitors.

906.2 Giant Slalom for K1 may be conducted in one run or two runs. Giant Slalom for K2 will be conducted in two runs. An organizer may limit the number of participants in the second run to 60.

1000 Super-G

1001.1 Vertical Drop

1001.1.3 Children's Courses

- K1: minimum 250 m, maximum 350 m

- K2: minimum 250 m, maximum 400 m

1001.3.4 The Super-G has to be set as follows:

10% of the vertical drop equals the maximum number of gates, respectively changes of direction. If the vertical drop is between 400 and 500 m, a minimum of 32 direction changes must be set and if the vertical drop is between 500 and 650 m a minimum of 35 direction changes must be set for men.

A minimum of 30 gates must be set for ladies. The minimum number of gates (men 35, ladies 30) counts only those requiring change of direction.

In case of Ladies' and Men's events held together (same start, resp. Same finish), the Men's rule is valid also for the Ladies (minimum 32 direction changes if the VD is less than 500 m / 35 if it is higher than 500 m). The distance between the turning poles of two successive gates must be at least 25 m (exception: art. 1003.1.1).

Children competitions:

minimum 8%, maximum 10% direction changes of the vertical drop.

1002.4 Homologation of Children's Super-G courses

All courses used for Children's SG must be homologated. If the course to be used is homologated for FIS GS, then a safety inspection by a FIS Technical Advisor is required.

1003.1.4 Children's Super-G should be carried out in a form of varied run. The basic form should consist of jumps and gliding elements.

The choice of course and course setting has to follow the speed and the children's level of skill. The children should learn controlled speed and gliding.

1003.1.5 Course Setting for K1

Different courses must be adapted for K1 and K2, which should have turning radiuses corresponding to their age. The ski to be used is the appropriate skis for K1 events.

1210 Team Competitions

1210.7 Team competitions may be conducted for Childrens competitions. Such team competitions should be described as «Specifications for Team Competitions for Children»

2.2 Podrobnosti o opremi in oznakah

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1. Alpine racing ski; 1.2.1.1 Ski length:

Minimum length "developed" length (unwound length) in accordance with ISO Norm including a measurement tolerance of +/- 1 cm. The ski length has to be marked on the ski.

Downhill: Ladies : 210 cm , Ladies FIS/ENL 210 cm/ - 5 cm tolerance

Men : 215 cm, Men FIS/ENL 215 cm/ - 5 cm tolerance

Super-G: Ladies : 200 cm, Ladies FIS/ENL 200 cm/ - 5 cm tolerance

Ladies MAS (Giant Slalom Skis allowed):180 cm/without tolerance

Men : 205 cm, Men FIS/ENL 205 cm/ - 5 cm tolerance

Men MAS (Giant Slalom Skis allowed):185 cm / without tolerance

Children II: 175 cm

Giant Slalom: Ladies : 180 cm, Ladies FIS/ENL 180 cm/ - 5 cm tolerance

Ladies MAS: 180 cm / -5 cm tolerance; Men:185 cm, Men FIS/ENL 185 cm/ - 5 cm tolerance

Men MAS: 185 cm / -5 cm tolerance

Slalom:Ladies :155 cm, Men:165 cm; Men Junior I at FIS and ENL races: 165 cm / -10 cm tolerance.

Children I & II: 130 cm;

Recommendation for children younger than 11 years

Use only one pair of skis in all events if the ski length is shorter than 130 cm.

1.2.1.2 Profile width: Minimum width of the running surface at binding without any tolerance

DH Ladies' & Men: minimum 67 mm, SG Ladies' & Men: minimum 65 mm;

GS Ladies' & Men: minimum 65 mm, SL Ladies' & Men: minimum 63 mm

1.2.1.3 Radius

The radius has to be marked on the ski.

Downhill:Ladies & Men: minimum 45 m;Radius measurement for DH skis with a preparation tolerance of -1 m.

Super-G: Ladies & Men: minimum 33 m ; **Children II: minimum 27 m**

Giant Slalom: Ladies: minimum 23 m;Men: minimum 27 m

Children II: minimum 17 m; Children I: minimum 14 m

2. Safety bindings

Safety bindings function as strain limiters. That is, these devices transfer specific demands occurring during skiing to an acceptable limit, and when this limit is overstepped, they release their firm hold to the ski.

2.1 Anti-vibration plates: Mounting of such plates is permitted under the following conditions: *2.1.1 Width of ski surface.*The plates may not exceed the width of the ski surface.

2.1.2 Maximum height

The maximum height (distance between the bottom of the running surface of the ski and the ski boot sole) for all categories is 50 mm (Ladies,& Men and Children's).

3.2 Thickness of ski boot soles

Distance between the ski boot sole and the base of the heel including all hard and soft parts:

Ladies & Men, Children I and II maximum 43 mm Recommendation for children younger than 11 years;

The height of the skis and the boots should be the same as in the categories CHI I and CHI II.

Ladies & Men MAS maximum 45 mm

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10 FIS Rules

1. Respect for others. A skier or snowboarder must behave in such a way that he does not endanger or prejudice others.

2. Control of speed and skiing or snowboarding. A skier or snowboarder must move in control. He must adapt his speed and manner of skiing or snowboarding to his personal ability and to the prevailing conditions of terrain, snow and weather as well as to the density of traffic.

3. Choice of route.A skier or snowboarder coming from behind must choose his route in such a way that he does not endanger skiers or snowboarders ahead.

4. Overtaking. A skier or snowboarder may overtake another skier or snowboarder above or below and to the right or to the left provided that he leaves enough space for the overtaken skier or snowboarder to make any voluntary or involuntary movement.

5. Entering, starting and moving upwards. A skier or snowboarder entering a marked run, starting again after stopping or moving upwards on the slopes must look up and down the slopes that he can do so without endangering himself or others.

6. Stopping on the piste. Unless absolutely necessary, a skier or snowboarder must avoid stopping on the piste in narrow places or where visibility is restricted. After a fall in such a place, a skier or snowboarder must move clear of the piste as soon as possible.

7. Climbing and descending on foot. A skier or snowboarder either climbing or descending on foot must keep to the side of the piste.

8. Respect for signs and markings. A skier or snowboarder must respect all signs and markings.

9. Assistance. At accidents, every skier or snowboarder is duty bound to assist.

10. Identification. Every skier or snowboarder and witness, whether a responsible party or not, must exchange names and addresses following an accident.

Posebej opozoriti: **Tekmovalec izven tekmovalne proge oz. prostora za treniranje nima nobene prednosti pred drugimi smučarji na smučišču!**

2.3 FIS tabela višinskih razlik in sprememb smeri

PRAVILNIK O HOMOLOGACIJI PROG ZA ALPSKE DISCIPLINE (sprejeto 2009)

1. Državna prvenstva Slovenije, pokalna, regijska in vsa tekmovanja za kategorizacijo tekmovalcev se lahko prirejajo le na progah, katere je predlagala in potrdila Komisija za homologacijo pri Odboru za alpsko smučanje pri SZS.
2. Predlog za homologacijo prog pošljejo zainteresirane organizacije Komisiji za homologacije, Smučarska zveza Slovenije, Podutiška, 1000 Ljubljana najkasneje do 30. septembra vsako leto.
3. Predsednik Komisije bo določil člana, ki bo izvedel pregled proge.
4. Član Komisije je dolžan s prosilcem zahteve za homologacijo izbrati čas pregleda.
5. Član Komisije je po pregledu dolžan poslati izpolnjen formular prosilcu za homologacijo terena, Smučarski zvezi Slovenije in Komisiji za homologacijo.
6. Na osnovi pregleda (če je bil pozitivno rešen) Komisija za homologacijo izda verifikacijo o homologaciji v dveh izvodih - eno prosilcu za homologacijo terena in eno SZS.
7. Če član Komisije pri pregledu terena ugotovi pomankljivosti, predlaga njihovo popravilo. Član Komisije bo sam ocenil ali je potreben ponoven pregled terena ali bo zadostovalo pismeno zagotovilo prosilca.
8. Verifikacija o homologaciji smučarskih prog velja za smuk 5 let, za superveleslalom, veleslalom in slalom pa 10 let. Po tem roku se postopek ponovi.
9. Komisija za homologacijo bo vsako leto sestavila listo homologiranih prog in jih objavila v Biltenu SZS.
10. Stroške za homologacijo smučarskih prog nosi prosilec sam.
11. Minimalna širina smučarskih prog je 40 m. Ostale dimenzije morajo odgovarjati karakteristikam iz naslednje tabele:

TABELA VIŠIN PO KATEGORIJAH

Kategorija	SLALOM		VELESALOM		SUPER-G		SMUK
	Višinska razlika	Sprememb smeri	Višinska razlika	Sprememb smeri	Višinska razlika	Sprememb smeri	Višinska razlika
CICIBANI, CICIBANKE	80 - 120 *	30 - 35% +/- 3	130 - 200	13 - 15 %			
MLAJŠI DEČKI IN DEKLICE	100 - 140	30 - 35% +/- 3	200 - 250	13 - 15%	250 - 350	Min. 8 % Max.10 %	
STAREJŠI DEČKI IN DEKLICE	120 - 160	30 - 35% +/- 3	200 - 250	13 - 15%	250 - 400	Min. 8 % max. 10 %	
MLAJŠE, STAREJŠE MLADINKE IN ČLANICE	120 - 200	30 - 35% +/- 3	250 - 400	11 - 15%	400 - 650	min. 7 %	500 - 800
MLAJŠI, STAREJŠI MLADINCI IN ČLANI	140 - 220	30 - 35% +/- 3	300 - 450	11 - 15%	400 - 650	min. 7 %	500 - 1000 2 vožnji 450

*IZJEMA CICI – CICE 40m/viš raz = TRIJE TEKI SLALOM