

Winter Games



TRADITIONAL EVENTS

ALPINE SKIING

NOVICE: Glide
Super Glide

INTERMEDIATE: Giant Slalom
Slalom

ADVANCED: Giant Slalom
Slalom

SNOWBOARDING

Novice Glide
Intermediate Slalom
Advanced Slalom

SNOWSHOEING

****order of events in parenthesis*

50m Race (3)
100m Race (5)
200m Race (1)

UNIFIED EVENTS

ALPINE SKIING

NOVICE: Unified Glide
Unified Super Glide

INTERMEDIATE: Unified Giant Slalom
Unified Slalom

ADVANCED: Unified Giant Slalom
Unified Slalom

SNOWBOARDING

Unified Novice Glide
Unified Intermediate Slalom
Unified Advanced Slalom

SNOWSHOEING

****order of events in parenthesis*

Unified 50m Race (4)
Unified 100m Race (6)
Unified 200m Race (2)

NON-COMPETITIVE

WINTER EXPERIENCE

INSTRUCTION: Skiing
Snowboarding
Snowshoeing
Slope Safety

SNOWTUBING

The Official Special Olympics Sports Rules for Winter Games shall govern all Special Olympics competitions. Special Olympics has created these rules based upon International Sports Federations (ISF) rules [Alpine Skiing - Federation Internationale de Ski (FIS); Snowshoeing - Special Olympics, Inc.], which shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Winter Games.

RULES OF COMPETITION

UNIFORM SPECIFICATIONS

1. All participants in Winter Games must have a uniform that conforms to the current concept of appropriateness.
2. Dress should enhance and not detract from the skier's technical proficiency.
3. The Winter Games Sport Management Team or sport official shall have authority to bar offenders from competition until they comply with this rule.

GENERAL RULES

1. During competition, if the competitor moves out of the general direction of the line of the course (fall, miss a gate, lose a ski or shoe, etc.), he/she shall have a two-minute time limit to re-enter the course.
 - a. A competitor who fails to adhere to this time limit, or receives assistance of any kind, shall be disqualified.
2. Whenever possible, electric timing shall be used.
 - a. When this tool is not possible, hand-held timing may be used.
 - b. Gate judges shall be responsible for timing the two (2) minutes for the 2-minute rule (*see above*).
3. The watch or timer is stopped when the tip of the competitor's ski/shoe crosses the finish line.
4. Physically assisting a competitor may result in his/her disqualification.
5. The competitor must finish with both skis/shoes on.
6. Competitors may NOT crawl during competition.
 - a. He/she must stand before advancing through the course.
7. Athletes participating in the 1-Day Winter Experience will NOT receive awards.
 - a. The Winter Experience is meant for athletes who are unfamiliar with Winter Games and would like to try out skiing, snowboarding, or snowshoeing for one (1) day.

EQUIPMENT

1. The ski area shall provide adequate snow grooming and venue preparation for all events. For deteriorating snow conditions, course maintenance tools will be used and are the responsibility of the ski area.
2. Competition equipment, such as skis, boots, and poles, must pass all appropriate safety guidelines.
3. All competitors must wear competition bibs for both time trials and finals races.
4. All athletes must wear appropriate ski helmets when participating in Intermediate Alpine Skiing, Advanced Alpine Skiing, and Snowboarding.
 - a. They must wear helmets in both time trial and finals competition.
 - b. Helmets are recommended in other competition courses, but are not required.
5. The minimum length/rating for a ski is 140.
6. The minimum length for a snowshoe is 25 inches.
 - a. Snowshoes should measure at least 8-inches x 25-inches.
 - b. It is not necessary for snowshoes to have a "tail" provided the snowshoe meets these minimum size standards.
7. Tying the athlete's boot heel to the snowshoe is prohibited: snowshoes cannot be altered in any way.



Winter Games

SKIING SKILLS ASSESSMENT

The following skill levels and the detailed tasks under each will be used for Alpine Skiing training and competition at the Winter Games. The Winter Experience (Glide Prep) is for beginning skiers (skills can be used for those needing a refresher course from previous years). The Winter Experience (Glide Prep) is not an event, rather a beginning point for training. The first event for this ability group would be Novice Glide.

Winter Experience (*Glide Prep - Not an event*)

- Walks with one (1) ski on in a straight line
- Changes ski to other foot and walk in a straight line
- Walks with both skis in a straight line
- Side-steps on flat ground
- Side-steps up a gentle slope with assistance
- Side-steps up a gentle slope without assistance
- Stands up after falling with assistance
- Refastens skis with assistance
- Stands up independently
- Stands up and refastens skis independently on incline

Novice: Glide (Station #1)

- Glides using a straight run
- Uses gliding wedge
- Uses braking wedge
- Uses braking wedge and stops
- Learns to turn and point skis downhill without moving
- Links wedge turns with different size wedges
- Links wedge turns
- Wedge-turns to the right and stop
- Wedge-turns to the left and stop
- Review braking wedge

Novice: Super Glide (Station #2)

- Review braking wedge
- Review wedge turns
- Introduction to traverses
- Introduction to sideslipping
- Traverses with sideslipping
- Linked-turns with skidded finish
- Skis around 3-4 gates (depending upon terrain)

Intermediate: Giant Slalom (Station #3)

- Review sideslipping
- Introduction to wedge garlands
- Introduction to absorbing uneven terrain
- Skis around 3-5 gates (depending upon terrain)
- Learns to ride lift
- Introduction ski poles (REQUIRED)

Intermediate: Slalom (Station #4)

- Review wedge garlands
- Review traverse
- Introduction to linked turns with skidded finish
- Review riding lift
- Learns to match skis at end of turn
- Learns to ski 10 gates
- Learns to ski blue runs
- Introduction to ski poles (REQUIRED)

Advanced: Giant Slalom (Station #5)

- Review linked-turns with skidded finish
- Review matching skis at end of turn
- Review skiing blue runs
- Learns to skate
- Learns to use ski poles
- Introduction to matching skis before the fall-line
- Introduction to linking medium short radius turns
- Introduction to tactics of speed play
- Learns to ski 20 to 25 gates

Advanced: Slalom (Station #5)

- Has more physical skills
- Is stronger
- Possesses agility
- Review short swing turns
- Review use of gates
- Review slalom course strategy