

ALPINE SKIING RULES

1. The Alberta 55 Plus Games and all sanctioned ALBERTA 55 PLUS events will follow the rules as outlined by the **International Ski Competition Rules (ICR)**. These rules can be obtained by searching www.fis-ski.com.
2. Age groups, events and competition procedures for an Alberta 55 Plus Games are specified in the current Activity Information Book available at www.alberta55plus.ca

3. General Overview

- a) Each zone will be responsible for organizing time trials in each of the age categories in both the **Men's and Women's Slalom events**. It is recommended that a 2 run total time calculation determine the zone representatives.
- b) Change the qualifying race to glalom rather than slalom for safety reasons.
- c) Helmets **MUST** be worn while skiing.
- d) No penalty to anyone wearing a speed suit.

4. Time-Predicted Events

- On the first day of competition, participants will make 2 runs predicting their completion time prior to each run. The lowest combined total difference for the 2 runs will determine the winners. Skiers will be permitted to know their times after the first run.

5. Dual Slalom

- Participants will race head to head with others in the same age category and gender. Participants will get to race at least twice.

6. For more information contact:

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