
SKIING (ALPINE) RULES

Age Groups / Events

Age	Events	Participants Advancing to Provincial Games
55+	Women Glalom	1 per Zone
65+	Women Glalom	1 per Zone
70+	Women Glalom	1 per Zone
75+	Women Glalom	1 per Zone
80+	Women Glalom	1 per Zone
55+	Men Glalom	1 per Zone
65+	Men Glalom	1 per Zone
70+	Men Glalom	1 per Zone
75+	Men Glalom	1 per Zone
80+	Men Glalom	1 per Zone
TOTAL		10 per zone

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. 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 Glalom events**. It is recommended that a 2 run total time calculation determine the zone representatives.
- b) The qualifying race shall be glalom rather than slalom for safety reasons.
- c) Helmets **MUST** be worn while skiing.
- d) No penalty to anyone wearing a speed suit.

3. For more information contact:

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FIS

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