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# Alberta 55 plus Alpine Skiing Rules

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## General Information

The rules listed in this section shall be the official rules for any **Alberta 55 plus** event. All Alberta 55 plus Rules are located on our web site at: [www.alberta55plus.ca](http://www.alberta55plus.ca). If there is a discrepancy between any printed rules, the version available on our web site shall prevail.

**Entry Procedures:** Check with your Zone Activity Director for playoff information and date. Contact information is listed on our website at [www.alberta55plus.ca](http://www.alberta55plus.ca)

## Game Courtesies

Rules are made to be followed by all players to make games happen. But often there are unwritten “rules” or courtesies which will make the game much better with fewer problems for all. Whether the game is a friendly recreational event among friends or part of an important tournament, participants should practice good sportsmanship and respect for their competitors.

Rules for many of the activities that 55 plus play are contained in rules books written by provincial, national or international governing bodies. These rules are often referred to but any adaptations to these rules will be listed within each rule.

## Age Groups / Events

All participants must fall within the age group indicated by December 31 of the Event year. All participants in Zone Playoffs must be Active Members.

Age	Events	Participants Advancing to Provincial Games
55+	Women Modified Slalom	1 per Zone
65+	Women Modified Slalom	1 per Zone
70+	Women Modified Slalom	1 per Zone
75+	Women Modified Slalom	1 per Zone
80+	Women Modified Slalom	1 per Zone
55+	Men Modified Slalom	1 per Zone
65+	Men Modified Slalom	1 per Zone
70+	Men Modified Slalom	1 per Zone
75+	Men Modified Slalom	1 per Zone
80+	Men Modified Slalom	1 per Zone
<b>TOTAL NUMBER OF PARTICIPANTS PER ZONE = 10</b>		

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](http://www.fis-ski.com)

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For more information contact:

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E-mail: [info@albertaalpine.ca](mailto:info@albertaalpine.ca)  
Web Site: [www.albertaalpine.ca](http://www.albertaalpine.ca)

or

FIS (Federation International de Ski)  
Blochstrasse 2; CH – 3653 Oberhofen  
Thunersee; Switzerland

Alberta 55 plus Alpine Skiing features a Modified Slalom competition, which lies between the Slalom and Giant Slalom in its design. To help clarify the nature of the Modified Slalom, a brief description of the three competitions follows:

**Slalom** involves skiing between poles or gates. These are spaced more closely than those in Giant Slalom necessitating quicker and shorter turns, proceeding mostly down the fall line of the hill. A course has 55 to 75 gates for men and 40 to 60 for women. The vertical drop for a men's course is 180 to 220 m and slightly less for women.

**Giant slalom** (GS) involves skiing between sets of poles (*gates*) spaced at a greater distance from each other than in slalom but less than in Super-G. The vertical drop for a GS course must be 250–450 m for men, and 250–400 m for women. The number of gates in this event is 56–70 for men and 46–58 for women. The number of direction changes in a GS course equals 11–15% of the vertical drop of the course in metres. As an example, a course with a vertical drop of 300 m would have 33–45 direction changes for an adult race.

**Modified Slalom** lies between the giant slalom and the slalom in its course design. The specified vertical drop of the giant slalom is reduced as is the quickness and shortness of the turns of slalom in order to achieve a gentler slope for our senior ski racers. This measure will mitigate the risk of serious injury. The Modified Slalom course will be laid out by the experts at the ski facility. The Alberta 55 plus Technical Directors will provide assistance to the organizers upon request.

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