

***THE RLC WINTER SPORTS ASSOCIATION***



***SKI RACE RULES  
2010 EDITION***



## CONTENTS

AMENDMENT RECORD SHEET .....	ii
DEFINITIONS .....	iii
ABBREVIATIONS .....	iv
NOVICE AND JUNIOR AGE RULE - ALPINE .....	iv
NOVICE AND JUNIOR AGE RULE - NORDIC .....	iv
<b>SECTION 1 - THE RLC SKI CHAMPIONSHIPS .....</b>	<b>1</b>
INTRODUCTION .....	1
THE COMPETITIONS .....	1
UNIT TEAMS AND ENTRIES .....	1
TEAMS .....	2
ENTRIES .....	3
CLASSES OF COMPETITORS .....	3
RACE RULES .....	3
PRIZES .....	3
RACE OFFICIALS .....	3
RACE JURY .....	4
TEAM CAPTAINS' MEETING .....	4
<b>SECTION 2 - ALPINE RACES .....</b>	<b>5</b>
GENERAL .....	5
CONDUCT ON THE COURSE .....	7
THE FINISH AREA .....	7
RE-RUN .....	7
DISQUALIFICATIONS .....	7
PROTESTS .....	8
THE GIANT SLALOM .....	8
THE SLALOM .....	8
THE Super G .....	8
GATEKEEPER DUTIES .....	9
RESULTS .....	9
<b>SECTION 3 - NORDIC RACES .....</b>	<b>10</b>
THE COURSE .....	10
THE START .....	10
CONDUCT ON THE COURSE .....	11
CONTROLS .....	11
THE RELAY HANDOVER ZONE .....	11
THE FINISH .....	12
PRODUCTION OF RESULTS .....	12
EQUIPMENT AND SKI MARKING .....	12
GENERAL DISQUALIFICATION RULES .....	12
PUBLICATION OF RESULTS .....	13
PROTESTS .....	13
THE 5 KM RACE .....	13
THE 4 X 5 KM RELAY RACE .....	13
THE 10 KM / 7.5 KM RACE .....	13
THE 10 KM (FEMALE) AND 15 KM (MALE) PURSUIT RACE .....	13
<b>SECTION 4 - THE MILITARY PATROL RACE .....</b>	<b>14</b>
DRESS AND EQUIPMENT .....	14
WEIGHT CARRIED .....	15
TECHNICAL DELEGATE'S INSPECTION .....	15

RLC WSA Ski Race Rules 2010

SENIOR OFFICER'S INSPECTION ..... 15  
 START AND TIMING ..... 15  
 CONTROLS..... 16  
 CONDUCT ON THE COURSE..... 16  
 INSPECTION ON ARRIVAL AT THE RANGE..... 16  
 FIRE CONTROL..... 16  
 THE FINISH..... 16  
 PENALTIES..... 17  
**SECTION 5 - CHAMPIONSHIPS, COMPETITIONS AND PRIZES ..... 18**  
 GENERAL ..... 18  
 CHAMPIONSHIP PRIZES ..... 18

**AMENDMENT RECORD SHEET**

AMENDMENT NUMBER	AMENDED BY	DATE	SIGNATURE
1.	Secretary RLC CS	30 Sep 07	
2.	Secretary RLC CS	16 Sep 08	
3.	Secretary RLC CS	04 Sep 09	
4.			
5.			
6.			
7.			
8.			

## RLC WSA Ski Race Rules 2010

### DEFINITIONS

AWSA	Army Winter Sports Association.
BIATHLON	A competition which consists of cross country skiing and shooting.
BSF	British Ski Federation.
CHAMPIONSHIP RACE	A race which counts towards team and / or individual prizes. Seeding races.
CROSS-COUNTRY SKI	<p>The cross-country ski is a type of ski, whose features guarantee the best possible application of the gliding techniques to master cross-country pistes (uphill, bumpy terrain, downhills). The basic features of this type of ski are:</p> <ul style="list-style-type: none"><li>• Ski length: minimum height of skier minus 100mm.</li><li>• Ski width: minimum 40mm.</li><li>• Ski weight: minimum 750 g per pair.</li><li>• Scale or step patterns are permitted.</li></ul>
CLASSICAL TECHNIQUE	Classical technique includes the diagonal and double polling techniques, herringbone techniques without a gliding phase, down hill and turning techniques. Single or double skating is not allowed. (Turning techniques, comprise of steps and pushes in order to change direction).
EX AEQUA	A Draw. Two or more racers finish in exactly the same time. The racer with the lower start position will be listed on the result sheet as finishing first.
FORCE MAJEURE	Implies circumstances beyond one's control which may be pleaded as an excuse, for example, for failure to arrive at the start of a race on time. Breakdown of a competitor's personal equipment or minor sickness does not constitute "force majeure".
FREE TECHNIQUE	Free technique includes all the different Nordic Skiing Techniques.
HORS CONCOURS (HC)	An individual or team not entitled by the rules to enter a race, but allowed to do so by the Race Committee. They may not win the normal prizes or trophies. On the results sheet HC teams will be shown in their order of finishing but not be given a placing.
JUNIOR	A junior is someone who has not reached the senior age.
MECHANICAL AIDS	Any mechanism, which has moving parts and which assists climbing or running. "Fishscales" are not mechanical aids.
NOVICE	A novice is someone who has not skied on snow in any discipline before the first of July of the <b>previous</b> season. A novice remains classified as one throughout the same season.
SENIOR	A competitor is a senior from the first of January <u>in the calendar year in which he becomes 21 years old.</u>
TEAM CAPTAIN	An Officer or SNCO appointed by his Commanding Officer, who is responsible for all racing, administrative and disciplinary matters relating to the unit's team. He is responsible for ensuring that these rules are made known to the team.
VETERAN	A competitor is a veteran from the first of January in the calendar year in which he becomes 35 years old.

## RLC WSA Ski Race Rules 2010

### ABBREVIATIONS

The following abbreviations are normally used on race entries and results:

- a. J - Junior.
- b. L - Lady.
- c. N - Novice.
- d. S - Senior.
- e. V - Veteran.
- f. TA - Territorial Army.

### NOVICE AND JUNIOR AGE RULE - ALPINE

An athlete is	Veteran	Senior	Junior	Novice
Season	If born in or before		If born in	If not on skis before
<b>2008 (07/08)</b>	1973	1987	1988 or after	1 Jul 06
<b>2009 (08/09)</b>	1974	1988	1989 or after	1 Jul 07
<b>2010 (09/10)</b>	<b>1975</b>	<b>1989</b>	<b>1990 or after</b>	<b>1 Jul 08</b>

### NOVICE AND JUNIOR AGE RULE - NORDIC

An athlete is	Veteran	Senior	Junior	Novice
Season	If born in or before		If born in	If not on skis before
<b>2008 (07/08)</b>	1973	1986	1987 / 1988	1 Jul 06
<b>2009 (08/09)</b>	1974	1987	1988 / 1989	1 Jul 07
<b>2010 (09/10)</b>	<b>1975</b>	<b>1988</b>	<b>1989 or after</b>	<b>1 Jul 07</b>

## SECTION 1 - THE RLC SKI CHAMPIONSHIPS

### INTRODUCTION

1.1. Rules for the RLC Ski Championships are based on the AWSA Race Rules, which have been amended to allow for the emphasis on novice and junior participation at the RLC Championships. Where not specifically amended AWSA rules apply and in the event of a conflict between RLC rules and AWSA rules, RLC rules apply.

1.2. The Chairman of RLC Competitive Skiing will consider which rules to amend or propose for amendment. Amendments to last year's rules, of particular note, have been highlighted with a line as shown to the left of this paragraph. ***Team Captains should raise any questions or disagreements with RLC Race Rules before 1 Dec 09, after which amendments will be added to the following season's rules, unless the Race Committee agrees to amend 2010 rules.***

### THE COMPETITIONS

1.3. Weather, snow and other conditions permitting the following Alpine and Nordic races will be held during the RLC Ski Championships:

- 1.3.1. Seeding Giant Slalom (2 runs).
- 1.3.2. Individual Giant Slalom (2 runs).
- 1.3.3. Team Giant Slalom (2 runs).
- 1.3.4. Individual Slalom (2 runs).
- 1.3.5. Team Slalom (2 runs).
- 1.3.6. Individual and Team Super Giant Slalom (1 Run).
- 1.3.7. Floodlit Challenge (Fun Event), weather and snow permitting.
- 1.3.8. 5 km Sprint.
- 1.3.9. 4 x 5 km Relay.
- 1.3.10. 10 km (Male) and 7.5 km (Female) Classic / Free Technique.
- 1.3.11. 15 km (Male) and 10 km (Female) Classic.
- 1.3.12. 20 km (Male) and 15 Km (Female) Military Patrol Race.
- 1.3.13. 5 km Free Technique President's Race.
- 1.3.14. The Individual Combination race will be run when possible. It will consist of 1 Nordic race and 1 Alpine race, normally the 15km Classic and the Individual GS.

### UNIT TEAMS AND ENTRIES

1.4. **Eligibility.** The following shall be eligible to compete:

1.4.1. **Unit Team Championships.**

1.4.1.1. Serving regular and TA officers and soldiers of the RLC on the posted strength of a unit.

1.4.1.2. Unit teams must be drawn from a single unit, unless affiliated by the ASCB.

1.4.1.3. Unit teams are permitted to enter one serving non RLC team member in each discipline.

1.4.1.4. TA unit teams are permitted to enter only one serving regular officer or soldier in a race team for each event.

1.4.2. **Individual Championships.** Serving regular and TA officers and soldiers of the RLC may participate in either the Alpine or Nordic Individual Championships.

## RLC WSA Ski Race Rules 2010

Although individuals will ski on the same course as team skiers the priority will always be given to members of team skiers.

1.4.3. **Exceptions.** The following personnel will not be permitted to race:

1.4.3.1. Any officer or soldier who has competed for the 1 LSR RLC race team this season (at the Div or Army Championships) is not permitted to compete in this season's RLC Championships.

1.4.3.2. Any officer or soldier who has competed for the RLC Ladies race team this season (at the Div or Army Championships) is not permitted to compete in this season's RLC Ladies Individual Championships. Individuals may participate in the RLC Team Championships.

1.4.3.3. Any officer or soldier, who competed for a Navy, Army or RAF race team this season, is not permitted to enter this season's RLC Individual Championships. Individuals may participate in the RLC Team Championships.

1.4.3.4. No Officer or Soldier who has competed at National or International level is allowed to participate as a point scorer at the RLC Championships.

1.4.3.5. Any competitor considered by the Race Jury to be of insufficient standard to race. All skiers must have completed some ski training prior to the start of the Championships.

1.4.3.6. Competitors wishing to ski in both Alpine and Nordic disciplines.

1.4.3.7. Any other individual may be excluded at the discretion of the Chairman RLC Skiing.

## TEAMS

1.5. The rules for unit teams are as follows:

1.5.1. Unit teams are to consist of a squad of up to 6 nominated skiers in each discipline (to be known as Unit Squad) from which 4 will be selected to form a race team for each race (to be known as Race Team).

1.5.2. Of those selected for each race team at least one must be a novice or a junior except the Patrol Race team, which does not require a novice or a junior.

1.5.3. Units may enter non race team skiers in any race but they will race "Hors Concours" (HC), at the discretion of the Chairman.

1.5.4. Unit squads and all individual competitors are to be nominated by Team Captains at the first team Captain's meeting.

1.5.5. No substitution between the nominated unit squad and other members of that unit will be permitted unless "Force Majeure" is agreed by the Race Jury. Team Captains may, however, withdraw a skier from a race team and substitute another skier from the unit squad, up to 30 minutes before the official start time of that race, provided the skier reports to the start officials. He may not swap skiers between seeding groups or change the running order in relays.

1.5.6. Mixed teams are permitted to enter the Unit Team Championships. Female team members in a mixed team are not permitted to enter the female Individual Championships, except for the 5 km.

1.5.7. **Nordic.** In the 10 km / 7.5 km and 15 km / 10 km race, of the 4 nominated skiers, the fastest 3 times count towards the team time. Special rules apply to the Patrol Race Team which are detailed in Section 4.

## RLC WSA Ski Race Rules 2010

1.5.8. **Alpine.** Of the 4 nominated members of a race team the fastest 3 times count towards the team time. Substitute skiers may be used as detailed in Rule 1.5.5. If the substitute is already on the start list he will run in his own starting place, otherwise he will start after the last competitor. Alternatively the team may race with only 3 competitors.

### ENTRIES

1.6. Unless alternative instructions are issued by the Race Committee all race team entries must be made in writing to the Race Office by 1800 hrs 2 days before the race. In exceptional circumstances late entries may be accepted, but such entries are to be added to the bottom of the start list and will start after all entries received in time.

### CLASSES OF COMPETITORS

1.7. The definition of classes of competitors is given on pages iii and iv.

### RACE RULES

1.8. All races are to be conducted in accordance with AWSA Ski Race Rules except where specifically adapted by inclusion in these RLC WSA Race Rules.

### PRIZES

1.9. Prizes for the various competitions and races are listed at Section 5.

### RACE OFFICIALS

1.10. The Race Committee is responsible for the detailed organisation of all races. It is to ensure that each race is organised and run in accordance with these rules. It may only adapt them in minor detail to suit local conditions, provided that such alterations are within the spirit of the rules and are made known to Team Captains, well before the start of the race. The Race Committee is to be composed as follows:

1.10.1. Chairman of the Championships.

1.10.2. Race Secretary.

1.10.3. **Nordic Races:**

1.10.3.1. Chief of Race.

1.10.3.2. Technical Delegate.

1.10.3.3. Chief of Course.

1.10.3.4. Chief of Timing and Calculation.

1.10.3.5. Start and Finish Referee.

1.10.4. **Alpine Races:**

1.10.4.1. Chief of Race.

1.10.4.2. Technical Delegate.

1.10.4.3. Chief of Course.

1.10.4.4. Assistant Referee.

1.10.4.5. Chief Gatekeeper.

1.10.4.6. Chief of Timing and Calculation.

1.10.4.7. Start and Finish Referee.

1.11. Officials' responsibilities are detailed in AWSA Ski Race Rules.

## RLC WSA Ski Race Rules 2010

### **RACE JURY**

1.12. Any question of interpretation of rules, qualifications, starting order, seeding, disqualifications, accuracy or results, equipment or any controversial matter whatsoever concerning a race is to be decided by a Race Jury of at least 5 committee members. The normal composition of the Race Jury is to be:

#### 1.12.1. **Nordic.**

- 1.12.1.1. Chief of Race and, or Chief of Nordic.
- 1.12.1.2. Technical Delegate.
- 1.12.1.3. Chief of Course.
- 1.12.1.4. Start and Finish Referee.
- 1.12.1.5. A Team Captain (assistant referee).

#### 1.12.2. **Alpine.**

- 1.12.2.1. Chief of Race and, or Chief of Alpine.
- 1.12.2.2. Technical Delegate.
- 1.12.2.3. Chief of Course.
- 1.12.2.4. Start and Finish Referee.
- 1.12.2.5. Assistant Referee (for Super G only).

### **TEAM CAPTAINS' MEETING**

1.13. It will be normal to hold a meeting of Team Captains and the Race Committee each day to determine details of the following day's races. Only in exceptional circumstances should the details laid down at this meeting be changed.

## SECTION 2 - ALPINE RACES

### THE START ORGANISATION

#### SEEDING

2.1. Seeding is the process of placing competitors in order of merit based on racing performance. Start positions for all races will be decided as described below:

2.2. **Seeding on Arrival at the RLC Championships.** Seeding on arrival at the RLC Ski Championships will be in accordance with the guidelines given in AWSA rules. The seed list compiled from this data will be known as the Arrival Seed List which will be used to produce the start list for the Seeding Giant Slalom. It will be based on:

2.2.1. Any Divisional Final Seed list after each of the last 3 years.

2.2.2. The Final Seed List of the RLC Championships after each of the last 3 years.

2.2.3. Known race form.

2.3. **Seeding after the Seeding Giant Slalom.** Three figures are to be used: Arrival Seed Points, Race Points from Run 1 and Race Points from Run 2 of the Seeding Giant Slalom Race. Seed points will be the sum of the best 2 figures divided by 2. These points will be known as Initial Seed Points.

2.4. **Seeding after the First Championship Race.** Two figures are to be used: Initial Seed Points and Race Points from the first Championship Race. Seed points will be the better of the 2 figures.

2.5. **Seeding after the Second Championship Race.** Three figures are to be used: Initial Seed Points, Race Points from the first Championship Race and Race Points from the second Championship Race. Seed points will be the sum of the best 2 figures divided by 2.

2.6. **Seeding after the Third Championship Race.** Three figures are to be used: Race Points from the first, second and third Championship Races. Seed points will be the sum of the best 2 figures divided by 2.

2.7. **Seeding after the Fourth Championship Race.** All 4 Championship Race Points are to be used. Seed points will be the sum of the best 3 figures divided by 3.

2.8. **Seeding after the Fifth Championship Race.** All 5 race points are to be used. Seed points will be the sum of the best 3 figures divided by 3. These seed points will be used to produce the RLC Championships Final Seed List.

#### GENERAL

2.9. The ski must be constructed in such a way as not to exceed 55mm from the base of the ski to the base of the boot with the boot fitted to the ski.

2.10. The start area must be closed off to everyone except the starting competitor, the Start Referee and the Starter.

2.11. The start shall be prepared in such a way that the competitors can stand relaxed on the starting line and can quickly reach full speed after leaving the start. The starting competitor must stick his poles into the snow in front of the start line. The Starter must not touch the competitor at the start. The competitor may start only with the help of his poles.

2.12. For Giant Slalom and the Super G races, 10 seconds before the start, the Starter will give each competitor a warning – "Ten Seconds." Five seconds before the start, he shall count "5, 4, 3, 2, 1" and then give the start command "GO". If an automatic audio signal is used, then the Starter will give each competitor a warning "Ten Seconds". Thereafter, the competitor should start on the audio signal.

## RLC WSA Ski Race Rules 2010

2.13. For Slalom races, the Starter will give each competitor a warning "Ready", and a few seconds later the start command "GO". The competitor must start within 10 seconds of the start command. An audio signal is not to be used for slalom races.

2.14. In all cases, the competitor must start on the start command or signal. With fixed intervals, the time of crossing the start line is valid if it occurs within 5 seconds before and 5 seconds after the official start time. A competitor who crosses the line more than 5 seconds early is disqualified for a false start. When a competitor crosses the start line more than 5 seconds after the official start time, his time is taken as if he had started 5 seconds after the start time.

2.15. The time interval between competitors is to be:

2.15.1. **Giant Slalom.** Forty seconds, but this may be reduced to 30 seconds if conditions allow.

2.15.2. **Super G.** One minute, but this may be reduced to 40 seconds if conditions allow.

2.15.3. **Slalom.** Competitors will start on the order of the Starter.

2.16. A competitor who is not ready to start at the time indicated for him on the official start list will be disqualified. The Start Referee may excuse such a delay if, in his opinion, the delay is due to force majeure. In case of doubt, the Start Referee may allow the competitor to start provisionally.

2.17. In competitions with 2 runs a new course will be set for the second run. The starting order for the second run is in the order of the result list of the first run except for the first 15 whose starting order will be reversed.

2.18. The Start Referee will make all decisions in the case of a late start. At the conclusion of the race, he must immediately inform the Referee giving start numbers and names of competitors who were allowed to start provisionally.

## RLC WSA Ski Race Rules 2010

### CONDUCT ON THE COURSE

2.19. A competitor is disqualified unless he completes the course with at least one ski attached to his/her boot (see Rule 2.28). A competitor must not receive assistance during the race.

2.20. If a competitor falls and his ski or stick is lying in the way of a later competitor, an official may move the equipment to the side of the course and place it at a point which is as near as possible the same distance and height from the fallen competitor.

2.21. If a competitor is being overtaken, he must give way on the first demand.

2.22. A competitor must pass through all the gates by crossing the direct line between the inner poles with both ski tips and both feet or, ski tip and both feet, if one ski is lost. This is known as the gate line.

2.23. All skiers must wear official numbers when racing and inspecting the course.

2.24. **Safety.** All skis used by competitors for racing are to be fitted with ski brakes. Approved ski helmets are mandatory for **ALL** events. Downhill/Super G helmets may be worn for all events. Giant Slalom helmets may only be worn for Giants Slalom or Slalom. Slalom helmets may only be worn for Slalom.

2.25. **Ski Length.** The minimum ski length for all races is 165 cm (female 155 cm), excluding the Super G where the minimum ski length is 180 cm (female 170 cm).

2.26. **Forerunners.** At least 2 forerunners must be provided to open each run of each course, including training runs. Competitors disqualified in the first run are not permitted to start as forerunners in the second run.

### THE FINISH AREA

2.27. The finish area must be plainly visible to the competitor approaching the finish. It must be sufficiently long and wide enough to make stopping easy. It is to be completely roped off to prevent unauthorised entry by spectators.

2.28. The finish line is marked by 2 posts. A competitor must cross the finish line on one or 2 skis. In the case of a fall in the immediate finish area, he must cross the line with both feet; the momentum of his fall must carry him across the finish line.

2.29. The finish time is taken when a competitor crosses the line between the finish posts with any part of his body or equipment. If the electric timing temporarily fails, the times recorded by hand shall be accepted.

### RE-RUN

2.30. A Competitor may appeal to a race official for a re-run if his run was hindered by an obstruction on the course or if there was a failure of the timing.

2.31. A competitor appealing for a re-run on the basis of obstruction must leave the course at the point where he was obstructed, informing the gatekeeper or nearest official of his intention, before proceeding down the side of the course to the finish. He must not pass through any more gates of the course including the finish line. On arrival at the finish, he is to report to the finish referee.

2.32. If the competitor had already been disqualified prior to the incident for which a re-run was granted, the race jury will decide if the re-run shall be invalid.

### DISQUALIFICATIONS

2.33. The Chief of Race and, or Chief of Alpine will act as Referee and will deal with disqualifications at the finish as soon as the race is over. Gatekeepers who have disqualified any competitor, Team Captains, the competitors involved and the Race Jury should be present.

2.34. The Referee will reach immediate decisions and will announce at the race finish the names and race numbers of those disqualified and at which gate(s).

## RLC WSA Ski Race Rules 2010

### **PROTESTS**

2.35. Protests can be delivered orally, normally by Team Captains, but exceptionally by the competitor, to the Referee within 15 minutes of the announcement of the disqualification. A fee of €50 is to be submitted at the time of the protest; this is non refundable if the protest is not upheld.

2.36. Once a protest is lodged, the Race Jury will assemble and will listen to statements made by the gatekeeper who has disqualified any competitor, the competitors involved and if applicable, as witnesses jury members and start or finish referees. Statements by spectators are not allowed. Team Captains may listen to the statements, but may not take part in any other way.

2.37. Once all statements have been heard, the Race Jury will withdraw. The Chief of Race and, or Chief of Alpine will chair the proceedings before the vote is taken.

### **THE GIANT SLALOM**

2.38. There will be 3 Giant Slalom races. One will be a seeding race; one will be an individual event counting towards the various individual Alpine Championships and the last will be a team race counting towards the team Alpine and Champion Unit competitions.

2.39. There will be 2 runs and the course will be reset for the second run.

2.40. The gates will consist of 2 pairs of plastic rigid poles except for the turning (inner) pole, which will be a flex pole. The gates will alternate red and blue.

2.41. The gates will be set so that the competitors can distinguish them clearly and quickly at high speed. The gates are to be numbered; starting at the top with numbers fixed to the non-turning (outside) pole. The start and finish are not counted. Turning poles will be marked on the snow with ink in case they are knocked out.

2.42. Competitors are allowed to study the course either by climbing up on skis or by slowly skiing down alongside. Exceptionally they may be allowed to side-slip down through a gate but only if special permission to do so is given by the race jury. Skiing through a gate, or practising turns parallel with those required by gates on the course, i.e. shadowing, will lead to disqualification.

2.43. In the Team and Individual Giant Slalom races a competitor who does not start, does not finish or is disqualified in the first run, will not start in the second run.

### **THE SLALOM**

2.44. There will be 2 Slalom races, one will be an individual event counting towards the Individual Alpine Championships and the second will be a team race counting towards the Team Alpine and Champion Unit competitions. Each race will consist of two runs.

2.45. The Slalom will take place over 2 courses and reset for the 2<sup>nd</sup> run.

2.46. Rule 2.31 applies to the Slalom except that gates will consist of 2 single poles.

### **THE SUPER G**

2.47. There will be one Super G race consisting of one run, counting towards the Team and Individual Alpine competitions.

2.48. The Super G race will be held on a course with a vertical drop of 300 to 450m.

2.49. Competitors will be allowed to study the course by slowly skiing down the side. Skiing through the gates, shadowing and training the jumps may be allowed depending on conditions. The committee will decide how the inspection is to be made and will inform competitors accordingly.

## RLC WSA Ski Race Rules 2010

### **GATEKEEPER DUTIES**

2.50. Each Team Captain must be prepared to provide at least one gatekeeper for each race. Gatekeepers must keep spectators, including trainers and team members at a distance both from the course and from themselves.

2.51. A gatekeeper's main duties are:

2.51.1. To watch that competitors pass correctly through the gates. If he is in doubt, he must make a careful investigation by checking the tracks on the piste.

2.51.2. A competitor who has missed a gate must climb back until both his feet and ski tips, or ski tip and both feet if only on one ski, cross the direct line between the poles.

2.51.3. The opinions of spectators must not be allowed to influence his judgement. He may not accept the opinions of witnesses unless they are members of the Jury.

2.51.4. The responsibility of the gatekeeper begins as soon as a competitor has passed the last gate of the preceding gatekeeper and ends when the competitor has passed the last gate under his jurisdiction.

2.52. A competitor in the case of an error or a fall can turn to the gatekeeper and question him. The gatekeeper answers the competitor's question or informs him with one of the following words:

2.52.1. **GO.** If the competitor has passed through the gate correctly.

2.52.2. **BACK.** If the competitor has not passed through the gate correctly.

2.53. Each gatekeeper is to keep a written record on the card provided. This card is to have notes detailing how it should be completed.

2.54. On the completion of each run gatekeepers are to report to the Chief Gatekeeper at the finish. If he has recorded a disqualifying fault or has been witness to an incident, he must be available to the Jury until the protest deadline has expired.

2.55. After the necessary entries have been made on his check card other duties which a gatekeeper should be prepared to do are:

2.55.1. Replace poles that are leaning, displaced or broken.

2.55.2. Replace torn flags and adjust displaced ones.

2.55.3. Repair damage to the course by breaking down the edge of ruts. No attempt should be made to fill ruts with snow.

2.55.4. Keep the course free.

2.55.5. Ensure competitors do not accept any outside help.

### **RESULTS**

2.56. The official result list will be posted on the Race Office notice board as soon as possible after the race and a copy will be given to each Team Captain on the same day.

## SECTION 3 - NORDIC RACES

### THE COURSE

- 3.1. Guidance and regulations covering technical details of courses for Nordic races are contained in the AWSA Ski Race Rules.
- 3.2. The course must be completely prepared for racing by the start time for the race and must be run by a vorlaufer ahead of the first competitor.
- 3.3. Competitors must be given an opportunity to train on and inspect the course in racing conditions when possible. It should be open for training one day before the race. Only in exceptional circumstances will the Race Jury close the course or limit training.

### THE START

- 3.4. Starts may be:
  - 3.4.1. Single or in pairs at minute, half minute or 15 second intervals; pursuit and mass starts may also be used in certain races.
  - 3.4.2. Relay starts will be mass or group starts.
  - 3.4.3. Pursuit Start.
- 3.5. **Single or Pair Starts.**
  - 3.5.1. For single or pair starts the competitors must start with both feet behind the starting line. Poles are to be placed in front of the start line. In pair starts the odd / lowest numbered racer will start on the left.
  - 3.5.2. The Starter gives every competitor the warning "Ten seconds" before the start, followed five seconds before the start by a countdown "5-4-3-2-1", followed by "GO". If electric timing is used an audible electrical start signal may be given simultaneously.
  - 3.5.3. If racers are to start in pairs then the Starter may position himself or an assistant behind and between the skiers on the start line. He will place a hand on a shoulder of each racer to restrain him until the word "GO" is given.
- 3.6. **The Mass/Group Start.**
  - 3.6.1. The Starter must position himself so that he is easily heard by all competitors.
  - 3.6.2. One minute before the start the racers are summoned to the start line. They are informed when it is 30 seconds to start, after which the Starter gives the warning "READY" - followed by a start signal "GO" or a shot.
  - 3.6.3. The Starter may require a nominated official to stand to a flank of the start line and to signal if there is a false start, whereupon the Starter's assistants, who stand 100m in front of the start line, bar the way.
- 3.7. **Late or False Start.**
  - 3.7.1. A skier who misses his start time shall not be allowed to interfere with the start of the other competitors. Unless his late start is caused by "Force Majeure", and that is upheld by the Race Jury, he shall be penalised for not starting at the correct time.
  - 3.7.2. For minor irregularities the following rules apply:
    - 3.7.2.1. **Electrical Starting.** The exact starting time of a competitor shall be accepted, except that if he starts more than 3 seconds before the signal, this should be considered a false start. After a false start the competitor will be recalled and again pass the extension of the start line outside the electrical starting gate so as not to obtain a fresh start time, i.e. his false start time stands. If he starts more than 3 seconds late, the scheduled start list time will count.

## RLC WSA Ski Race Rules 2010

3.7.2.2. **Hand Timing.** A competitor, who makes an early start, shall be recalled and again pass the starting line. In this case his starting time shall be the original time as recorded by the Starter.

3.7.3. A skier who arrives late will be allowed to start at the earliest time without inconveniencing other starters. His starting time will be the scheduled start list time although the actual start time will be recorded in case he claims Force Majeure.

3.7.4. In a mass or group start a skier who misses his group/mass start will be allowed, after reporting to the Starter, to start. The group/mass start time will apply to such a starter. His actual start time will be recorded in case he should claim Force Majeure.

3.8. **Duties of the Start Officials.** The duties of the Start Officials are detailed in the AWSA Ski Race Rules.

3.9. **Skiing Order.** The team entry form once submitted prior to a race may not be changed unless a team claim Force Majeure.

### CONDUCT ON THE COURSE

3.10. The competitor is to:

3.10.1. Complete the entire course on skis.

3.10.2. Remain within 2 metres of either side of the marked track unless, on leaving the track for any reason, he rejoins it where he left it.

3.10.3. Pass through all controls.

3.10.4. Not use any form of propulsion other than his skis and sticks.

3.11. The help of pacemakers running before, beside or behind a competitor is not allowed and constitutes unauthorised assistance. Officials, coaches and others may run alongside a skier for a maximum of 30m in order to give information, food or drink.

3.12. Except in the last 200m before the handover zone or the finish, a competitor who is being overtaken by another competitor must give way at the first demand, regardless of the number of tracks the course may have.

3.13. Accidents or racers retiring should be reported to the next control or the finish.

3.14. Competitors must comply with the directions of the race officials and must not interfere in the organisation of the competition.

### CONTROLS

3.15. A number of controls, as deemed necessary by the Chief of Course, will be set around the course. Key controls will be equipped with radio to enable them to report progress of the competitors. Controls should be manned by at least 2 persons whose responsibilities are:

3.15.1. Note on a control card all competitors who pass through their control. If a competitor leaves the marked course and so gains an advantage, this must be clearly shown on the control card.

3.15.2. Help competitors to follow the right track if specifically asked for directions and to warn any competitor who attempts to take the wrong course.

### THE RELAY HANDOVER ZONE

3.16. The handover must take place in the handover Zone. The incoming racer must touch, with his hand, the next racer on any part of his body. The racer waiting to start must await the touch of the incoming skier alongside the cut track. He must not impede other racers handing over. If a handover does not comply with this rule both competitors will be recalled to the handover zone.

## RLC WSA Ski Race Rules 2010

3.17. The finish time for the incoming racer and start time for the outgoing racer shall be the moment when the incoming racer crosses the first line of the Handover Zone.

### **THE FINISH**

#### **3.18. Finish Time.**

3.18.1. The finish time is taken when the skier's first foot crosses the line at the finish or, with electric timing, when the contact is broken.

3.18.2. The Finish Referee is responsible for keeping a separate list of the order in which the competitors cross the finish line.

3.18.3. The Marshal must check that the competitors have crossed the finish line with their skis correctly marked.

### **PRODUCTION OF RESULTS**

3.19. If 2 or more competitors have the same time, they shall have the same placing on the final list, and the runner with the lower starting number will be listed first.

3.20. The total time of a relay team is the time, which elapses between the start and the team's last racer crossing the finish line. When a mass start is used the order in which the racers finish the last relay section determines the team order.

3.21. Unofficial results will be posted at the race office as soon as possible after the race. It is on this list that any protest should be based. Protests must be made within one hour of the unofficial results being posted.

### **EQUIPMENT AND SKI MARKING**

3.22. To prevent an unauthorised change of skis during the race, each competitor must present one pair of skis to be officially marked before the start.

3.23. The competitor in relay races must complete the course on at least one of his marked skis. During the race both poles may be exchanged but only one ski which is broken or has a damaged binding.

3.24. In individual races a competitor cannot change a ski.

3.25. A competitor may wax and scrape his skis during the race but without assistance from any other person other than to make use of wax, a lit blowtorch or scraper provided by others.

### **GENERAL DISQUALIFICATION RULES**

3.26. A competitor will normally be disqualified by the Race Jury for the following breaches of the rules (the Jury may impose a lighter penalty if they feel the particular circumstances merit it):

3.26.1. Skating in a classic race.

3.26.2. Leaves the marked course to make a short cut or gain an advantage.

3.26.3. Receives unauthorised assistance or is paced.

3.26.4. Fails to give way to an overtaking competitor when so requested or clearly obstructs another competitor.

3.26.5. Runs part of the course without skis on his feet or on an unmarked ski except in relay events when one unmarked ski may be used (this rule is modified for the Military Patrol Race).

3.26.6. Receives aid and assistance when repairing equipment or when waxing skis under unauthorised conditions.

3.26.7. Deviating from the marked course, or skiing a wrong course, thus gaining time advantages for himself or his team, or skiing the course loops in a wrong sequence or in the wrong direction.

## RLC WSA Ski Race Rules 2010

3.27. In relay events a team will be disqualified if:

3.27.1. The same skier skis more than one lap of the course.

3.27.2. A handover is not correctly carried out.

3.28. Before such an additional penalty is awarded the competitor or his Team Captain should be given an opportunity to give an explanation to the Jury provided this can be done within one hour of posting results at the Race Office.

### **PUBLICATION OF RESULTS**

3.29. The Official Result List must be posted on the Race Office notice board as soon as possible after the race. The details of the information to be included in the result list are given in the AWSA rules.

### **PROTESTS**

3.30. Any protests are to be made to a member of the Race Jury or the Race Secretary in writing within one hour of the results being posted. The Race Jury are to hear any protests as soon as possible after they are received.

### **THE 5 KM RACE**

3.31. This race is an individual freestyle event counting towards the Individual Nordic Champion competition.

3.32. The race will be run over 5 km of natural country. Competitors are to start singly or in pairs at half minute or 15 Seconds intervals as decided by the Race Committee.

### **THE 4 X 5 KM RELAY RACE**

3.33. This race is a team event counting towards the Nordic and overall Champion Unit competitions.

3.34. The first 2 legs will be raced using the classical technique and the second 2 legs using the free technique.

3.35. HC teams may enter at the discretion of the Race Committee.

3.36. There will be a mass start.

### **THE 10 KM / 7.5 KM RACE**

3.37. This race is a team and individual event counting towards the Nordic Champion Unit competition. Individual results will count towards the Individual Nordic Champion competition. However the team result will not count towards the Alpine and Nordic Champion Unit competition.

3.38. The race will be Free Technique over 10 km (male) / 7.5 km (female) of natural country. It will be a mass start seeded from the 5 km race:

### **THE 15 KM (MALE) AND 10 KM (FEMALE) PURSUIT RACE**

3.39. This race is an Individual and Team event counting towards the Individual Nordic Champion competition, the Team Nordic Competition and the Combination Champion Unit competition.

3.40. In this race only the classical technique may be used. Skate turns are permitted on corners where the classical tracks are discontinued but use of skating technique anywhere else will result in disqualification. The herringbone technique is legal as long as the temptation to glide uphill is resisted.

3.41. The race will be run over 15 km (male) and 10 km (female) of natural country. Competitors are to start singly in a pursuit race seeded from the 10 km / 7.5 km race as decided by the Race Committee.

## SECTION 4 - THE MILITARY PATROL RACE

### GENERAL

- 4.1. The Military Patrol Race is a team event to be run over approximately 20 km (Male) and 15 km (Female) of natural country. It is to include a range where each team is to engage targets at 50m. In the event of the race being held on a course where there is no range, an alternative weapon skills test will be set.
- 4.2. The course will not necessarily follow well prepared tracks, although it will not include any dangerous obstacles.
- 4.3. The Chief of Race is to include the unexpected in the Race. The unexpected is defined as, Up to 3 activities, other than shooting, which are to take place during the Race and which are to involve the minimum of supervision and no subjective judgement. The emphasis of the activity is to be on leadership and teamwork but may include core military skills. The briefing time for an activity must be the same for each team and is included in the total running time of the team. The maximum time allowed to complete each task from the end of the briefing is 5 minutes. The maximum bonus or penalty time awarded for each activity must not exceed 5 minutes.
- 4.4. Competitors may use classical technique and classic skis only. Skis may be removed at any time during the race at the discretion of the patrol commander.
- 4.5. Each patrol is to consist of one Officer or substantive SNCO plus 3 other skiers. There is no requirement for the team to contain a novice.
- 4.6. All entries must be made on the race entry form and handed to the Race Office by 0900 hours, 2 days prior to the race. NO late entries are to be accepted. Substitution of patrol members can only be allowed in case of injury or sickness and then only with the agreement of the Race Jury.
- 4.7. Due to the constraints of weapons, HC teams may only be accepted subject to Race Committee agreement.

### DRESS AND EQUIPMENT

- 4.8. A team should aim to achieve uniformity of dress and equipment within the patrol. White is to be the predominant colour.
- 4.9. A patrol must be battle worthy to be allowed to start, i.e. the major items of arms, equipment and skis must be in good order at the start.
- 4.10. Detailed dress requirements are as follows:
- 4.10.1. **Suit/Jacket/Trousers.** All white Arctic or ski racing suit.
  - 4.10.2. **Head-dress.** A plain all white hat.
  - 4.10.3. **Badges.** Regimental cap badge. Rank badges as normally worn by the unit.
  - 4.10.4. **Ski/Ski Sticks/Bindings.** Ski equipment need not be of Army issue.
  - 4.10.5. **Shoes and Gloves.** Normal langlauf pattern shoes and gloves may be used and need not be camouflaged; they need not be uniform throughout the Patrol.
  - 4.10.6. **Socks.** If showing socks are to be all white.
  - 4.10.7. **Race Numbers.** Race numbers are to be worn on back and front, as issued before the race.
- 4.11. The patrol commander is to carry:
- 4.11.1. A pair of issue binoculars, which may be carried in a case or worn round the neck. A binocular case is not compulsory.

## RLC WSA Ski Race Rules 2010

- 4.11.2. An issue Field Dressing.
  - 4.11.3. An issue Silva Compass.
  - 4.11.4. The map or sketch map issued during the Inspection.
- 4.12. All members of the patrol are to carry:
- 4.12.1. A rucksack which need not be an Army issue pattern, but should resemble it as far as possible. It is to be of a minimum of 33 litres capacity and must be capable of accepting a standard issue Army sleeping bag and able to carry an SA80 on the outside.
  - 4.12.2. Any refreshment required on the course.
  - 4.12.3. The requirement to carry an SA80 rifle will be confirmed at the start of the Championships. Provision for this and the accompanying magazines and conversion kits will be made by 1 LSR RLC.
- 4.13. Only equipment, including skis and sticks, carried from the start by a patrol may be used by it during the race. It is the patrol commander's responsibility to ensure that all skis and sticks including spares, spare ski tips and other equipment are officially marked before starting and that rifle numbers are registered.

### **WEIGHT CARRIED**

- 4.14. The patrol is to carry a total weight of not less than 40 kilograms. This weight is to be made up of four rucksacks with rifle(s) attached, plus anything put into the rucksacks (incl magazine) to make up the total weight.

### **TECHNICAL DELEGATE'S INSPECTION**

- 4.15. Any patrol commander who has doubts about whether his patrol's equipment complies with the rules may present the equipment/clothing to the TD for scrutiny.
- 4.16. The TD will inspect the patrol at the time laid down in the Start List. He will highlight any irregularities, for the guidance of the Senior Officer at this inspection. No change of any kind will be permitted after the patrol has presented itself for the TD's inspection except to make up weight required. Any equipment not present before the start will incorporate double time penalty at the end. i.e. no compass, 20 mins.

### **SENIOR OFFICER'S INSPECTION**

- 4.17. The Senior Officer's inspection will immediately follow the TD's Inspection. The Inspecting Officer will be concerned with the uniformity of turnout, military bearing and smartness of the patrol.
- 4.18. Taking into account the points noted on the TD's inspection he may award bonuses or penalties for the standard of turnout of the patrol. Such bonuses or penalties will usually be in units of 5 or 10 seconds, up to a maximum of plus or minus 60 seconds.
- 4.19. Once inspected, the patrol is to move directly to the Start enclosure.

### **START AND TIMING**

- 4.20. A timed programme for the Inspections and Start will be produced by the TD and issued at the Team Captains' meeting prior to the race.
- 4.21. The order of starting is to be by lot which will be drawn at the Team Captains' meeting 2 days prior to the race.
- 4.22. A patrol's running time is to be recorded from the first man to cross the start line to the last man to cross the finish line.
- 4.23. The patrol may cross the start line in any order but all members are to be dressed and equipped exactly as they were for the inspection (this includes the wearing of head-dress and

## RLC WSA Ski Race Rules 2010

gloves). Equipment may be redistributed within the patrol at any time after it has crossed the start line.

### **CONTROLS**

4.24. The patrol may cross the start and finish lines and pass through the controls in any order, but must be closed up to within 20m between the first and last man when passing any control and the finish.

4.25. Sufficient numbers of controls are to be established on the course to assist in control and monitoring of the race. Controllers are to halt the leading man of any patrol, which is not sufficiently closed up until the last man is within 20m.

### **CONDUCT ON THE COURSE**

4.26. The 4 members of the patrol may assist each other in any way. They may not, however, receive physical assistance or equipment of any sort from anyone else.

4.27. A patrol overtaking another must be closed up before the leader calls track. The patrol being overtaken must then immediately clear the track unless it can out distance the overtaking patrol without hindering it in any way.

### **INSPECTION ON ARRIVAL AT THE RANGE**

4.28. On arrival at the Firing Point the patrol commander or patrol 2IC is to order his patrol to the firing positions indicated by the Firing Point Officer.

4.29. The patrol commander is to inspect his patrol's rifle(s) to ensure that barrel(s) are clear of snow or other obstructions. He is to be responsible for providing a ramrod or other means of cleaning/clearing barrels if required.

4.30. While this inspection is going on, and without hindering the patrol, a firing point official may check by the "dipstick principle" that one member of the patrol, selected at random, has only 5 rounds loaded in his magazine.

### **FIRE CONTROL**

4.31. The patrol commander is to issue correct fire control orders and control all firers on the firing point.

4.32. If a rifle jams or malfunctions the patrol commander is to attempt to cure the problem.

4.33. A round which is struck but misfires is to be replaced by the Firing Point Officer after his inspection of the struck round. No time allowance will be given.

4.34. Rounds lost during the race or damaged prior to being struck will not be replaced.

4.35. The patrol may leave the range when all its targets have been hit or when all rounds of ammunition have been expended. The patrol commander will satisfy himself that there are no live rounds in the breach or magazine. Unused rounds are to be ejected on the range and collected by the range staff.

### **THE FINISH**

4.36. The patrol may cross the finish line in any order but must be closed up to 20m. The patrol's running time is recorded when the last man crosses the finish line.

4.37. Immediately after crossing the finish line, and without outside assistance, the patrol is to revert to its original dress and equipment. It is to enter the inspection enclosure and remain there until all members have been inspected by the TD.

## RLC WSA Ski Race Rules 2010

### **PENALTIES**

- 4.38. Time will be added to a patrol's running time as follows:
- 4.38.1. Penalties as awarded on Senior Officer's Inspection.
  - 4.38.2. For loss of glove/cap badge/badge of rank: 15 seconds each.
  - 4.38.3. For loss of Headdress: 30 seconds each.
  - 4.38.4. For lax fire control or range behaviour: up to one minute for each incident.
  - 4.38.5. For loss of muzzle cover: one minute per incident.
  - 4.38.6. For loss of field dressing: one minute.
  - 4.38.7. For each target not hit on the range: one minute.
  - 4.38.8. For loss of magazine: one minute.
  - 4.38.9. For each live round remaining in magazine at the finish: 2 minutes per round.
  - 4.38.10. For firing on another team's target or on an incorrect target: 2 minutes per incident.
  - 4.38.11. For each illegal round fired on the range. An illegal round is a round fired from the firing position, at the designated target but before the order to fire or after cease fire has been given (this is not the same as a negligent discharge) - 4 minutes per round.
  - 4.38.12. For loss of issued map: 6 minutes.
  - 4.38.13. For loss of binoculars: 6 minutes.
  - 4.38.14. For loss of compass: 10 minutes.
  - 4.38.15. All penalties will be doubled if not carried from the start of the race.

### **DISQUALIFICATIONS**

- 4.39. In addition to 3.26, patrols will be disqualified for:
- 4.39.1. A gross breach of range safety e.g:
    - 4.39.1.1. Walking in front of a loaded rifle.
    - 4.39.1.2. Clearing a loaded rifle of snow or mud by an unsafe method.
    - 4.39.1.3. Clearing a loaded rifle so negligently as to endanger life.
    - 4.39.1.4. For each negligent discharge.
  - 4.39.2. Carrying more than the 20 rounds per patrol.
  - 4.39.3. Finishing:
    - 4.39.3.1. With a live round in the breach.
    - 4.39.3.2. With anyone missing from the patrol.
    - 4.39.3.3. Having received outside physical assistance.
    - 4.39.3.4. With less than the laid down 40kg load.
    - 4.39.3.5. Not having used marked skis and equipment throughout the race.
    - 4.39.3.6. Having gained an advantage by not following the marked track.
    - 4.39.3.7. Without a rifle.
- 4.40. The Race Jury may award penalties for other violations as per 3.28.

## SECTION 5 - CHAMPIONSHIPS, COMPETITIONS AND PRIZES

### GENERAL

5.1. **Finishing Place.** The Finishing Place is as recorded in the official race results. In all competitions any team or individual which starts in a race, but fails to finish, will be given a points score of the last team/individual to finish the race plus one. If the team/individual does not start a race the points will be that of the last team/individual plus 2.

5.2. **Deciding Race.** In the event of a tie in Alpine Competitions, the best place in the Super G (or Slalom if no Super G is run) will decide the final place. In the Champion Unit and all Nordic Competitions the best place in the Patrol Race (or 15 km if no Patrol Race is run) will decide the final place.

5.3. **Race Entry.** It is not necessary for a competing individual or unit to enter specifically for the competitions listed below. Entry for the race or races comprising any competition automatically covers entry for that competition.

### CHAMPIONSHIP PRIZES

5.4. The Championship prize list is:

No	Position	Prize	Winner and Unit
(a)	(b)	(c)	(d)
<b>7.5/5 KM SPRINT</b>			
1.	Ladies Second	Silver Medal	
2.	Ladies First	Gold Medal	
3.	Novice First	Gold Medal	
4.	Junior First	Gold Medal	
5.	Veteran First	Gold Medal	
6.	Third	Bronze Medal	
7.	Second	Silver Medal	
8.	First	Gold Medal	
<b>4 X 5 KM RELAY</b>			
9.	Runners Up Ladies Team	4 Silver Medals	
10.	First Ladies Team	4 Gold Medals	
11.	Third Team	4 Bronze Medals	
12.	Second Team	4 Silver Medals	
13.	First Team	4 Gold Medals	
<b>10 KM / 7.5 KM FREE TECHNIQUE</b>			
14.	Ladies Second	Silver Medal	

RLC WSA Ski Race Rules 2010

<b>No</b>	<b>Position</b>	<b>Prize</b>	<b>Winner and Unit</b>
(a)	(b)	(c)	(d)
15.	Ladies First	Gold Medal	
16.	Novice Second	Silver Medal	
17.	Novice First	Gold Medal	
18.	Junior Second	Silver Medal	
19.	Junior First	Gold Medal	
20.	Veteran Second	Silver Medal	
21.	Veteran First	Gold Medal	
22.	Third	Bronze Medal	
23.	Second	Silver Medal	
24.	First	Gold Medal	
25.	Runner Up Ladies Team	4 Silver Medals	
26.	Winning Ladies Team	4 Gold Medals	
27.	Third Team	4 Bronze Medals	
28.	Second Team	4 Silver Medals	
29.	First Team	4 Gold Medals	
<b>10 / 15 KM CLASSIC</b>			
30.	Ladies Second	Silver Medal	
31.	Ladies First	Gold Medal	
32.	Novice Second	Silver Medal	
33.	Novice First	Gold Medal	
34.	Junior Second	Silver Medal	
35.	Junior First	Gold Medal	
36.	Veteran Second	Silver Medal	
37.	Veteran First	Gold Medal	
38.	Third	Bronze Medal	
39.	Second	Silver Medal	
40.	First	Gold Medal	

## RLC WSA Ski Race Rules 2010

<b>No</b>	<b>Position</b>	<b>Prize</b>	<b>Winner and Unit</b>
(a)	(b)	(c)	(d)
41.	Runner Up Ladies Team	4 Silver Medals	
42.	First Ladies Team	4 Gold Medals	
43.	Third Team	4 Bronze Medals	
44.	Second Team	4 Silver Medals	
45.	First Team	4 Gold Medals The Ruhpolding Bear	
<b>MILITARY PATROL</b>			
46.	Best Team on the Range	Trophy	
47.	First Mixed Team	4 Gold Medals	
48.	Runner Up Ladies Team	4 Silver Medals	
49.	First Ladies Team	4 Gold Medals	
50.	Third Team	4 Bronze Medals	
51.	Second Team	4 Silver Medals	
52.	First Team	4 Gold Medals The Lane Trophy	
<b>INDIVIDUAL AND TEAM SLALOM</b>			
53.	Ladies Second	Silver Medal	
54.	Ladies First	Gold Medal	
55.	Novice Second	Silver Medal	
56.	Novice First	Gold Medal	
57.	Junior Second	Silver Medal	
58.	Junior First	Gold Medal	
59.	Veteran Second	Silver Medal	
60.	Veteran First	Gold Medal	
61.	Third	Bronze Medal	
62.	Second	Silver Medal	
63.	First	Gold Medal	
64.	Third Team	4 Bronze Medals	

RLC WSA Ski Race Rules 2010

<b>No</b>	<b>Position</b>	<b>Prize</b>	<b>Winner and Unit</b>
(a)	(b)	(c)	(d)
65.	Second Team	4 Silver Medals	
66.	First Team	4 Gold Medals	
<b>INDIVIDUAL AND TEAM GIANT SLALOM</b>			
67.	Ladies Second	Silver Medal	
68.	Ladies First	Gold Medal	
69.	Novice Second	Silver Medal	
70.	Novice First	Gold Medal	
71.	Junior Second	Silver Medal	
72.	Junior First	Gold Medal	
73.	Veteran Second	Silver Medal	
74.	Veteran First	Gold Medal	
75.	Third	Bronze Medal	
76.	Second	Silver Medal	
77.	First	Gold Medal	
78.	Third Team	4 Bronze Medals	
79.	Second Team	4 Silver Medals	
80.	First Team	4 Gold Medals	
<b>INDIVIDUAL AND TEAM SUPER GIANT SLALOM</b>			
81.	Ladies Second	Silver Medal	
82.	Ladies First	Gold Medal	
83.	Novice Second	Silver Medal	
84.	Novice First	Gold Medal	
85.	Junior Second	Silver Medal	
86.	Junior First	Gold Medal	
87.	Veteran Second	Silver Medal	
88.	Veteran First	Gold Medal	
89.	Third	Bronze Medal	

## RLC WSA Ski Race Rules 2010

No	Position	Prize	Winner and Unit
(a)	(b)	(c)	(d)
90.	Second	Silver Medal	
91.	First	Gold Medal	
92.	Third Team	4 Bronze Medals	
93.	Second Team	4 Silver Medals	
94.	First Team	4 Gold Medals The President's Cup	
<b>THE PRESIDENT'S RACE</b>			
95.	Third	Bronze Medal	
96.	Second	Silver Medal	
97.	First	Gold Medal	
<b>INDIVIDUAL NORDIC PRIZES</b>			
The following prizes will be awarded to those individuals in the specified categories whose finishing places in the 5 km, 10 km or 7.5 km and 15 or 10 km races total the least (in the event of a tie the best place in the 15 km or 10 km wins):			
81.	Most Improved Nordic Skier	Trophy	
82.	TA Nordic Runner Up	Silver Medal	
83.	TA Nordic Champion	Trophy	
84.	Ladies Nordic Runner Up	Silver Medal	
85.	Ladies Nordic Champion	Trophy	
86.	Novice Nordic Runner Up	Silver Medal	
87.	Novice Nordic Champion	Trophy	
88.	Junior Nordic Runner Up	Silver Medal	
89.	Junior Nordic Champion	Trophy	
90.	Veteran Nordic Runner Up	Silver Medal	
91.	Veteran Nordic Champion	Trophy	
92.	Open Nordic Runner Up	Silver Medal	
93.	Open Nordic Champion	Trophy Silver Cup	

RLC WSA Ski Race Rules 2010

No	Position	Prize	Winner and Unit
(a)	(b)	(c)	(d)
<b>INDIVIDUAL ALPINE PRIZES</b>			
The following prizes will be awarded to those individuals in the specified categories whose race points in the Individual Giant Slalom, Slalom and Super G races total the least:			
94.	Most Improved Alpine Skier	Trophy	
95.	TA Alpine Runner Up	Silver Medal	
96.	TA Alpine Champion	Trophy	
97.	Ladies Alpine Runner Up	Silver Medal	
98.	Ladies Alpine Champion	Trophy	
99.	Novice Alpine Runner Up	Silver Medal	
100.	Novice Alpine Champion	Trophy	
101.	Junior Alpine Runner Up	Silver Medal	
102.	Junior Alpine Champion	Trophy	
103.	Veteran Alpine Runner Up	Silver Medal	
104.	Veteran Alpine Champion	Trophy	
105.	Open Alpine Runner Up	Silver Medal	
106.	Open Alpine Champion	Trophy Silver Cup	
<b>NORDIC COMBINATION</b>			
The following prizes will be awarded to the teams whose finishing places in the 4 x 5 km Relay, 15 km or 10km and Patrol Race total the least:			
107.	Runner Up Champion TA Nordic Team	6 Silver Medals	
108.	Champion TA Nordic Team	6 Gold Medals Silver Cup	
109.	Ladies Nordic Team Runners Up	6 Silver Medals	
110.	Champion Ladies Nordic Team	6 Gold Medals Trophy	
111.	Third Place Nordic Team	6 Bronze Medals	
112.	Second Place Nordic Team	6 Silver Medals	
113.	Champion Nordic Team	6 Gold Medals Silver Cup	

## RLC WSA Ski Race Rules 2010

No	Position	Prize	Winner and Unit
(a)	(b)	(c)	(d)
<b>ALPINE COMBINATION</b>			
The following prizes will be awarded to the teams whose race points in the Team Giant Slalom, Slalom and Super G total the least:			
114.	Runner Up TA Alpine Team	6 Silver Medals	
115.	Champion TA Alpine Team	6 Gold Medals Silver Cup	
116.	Third Place Alpine Team	6 Bronze Medals	
117.	Second Place Alpine Team	6 Silver Medals	
118.	Champion Alpine Team	6 Gold Medals Champion Alpine Team Cup	
<b>CHAMPION TEAM - THE RLC CUP</b>			
The Champion Skiing Team of the RLC is the team whose finishing places in the following races total the least:			
<b>Alpine.</b> Giant Slalom, Slalom and Super G.			
<b>Nordic.</b> 4 x 5 km Relay, 15 km or 10 km and Patrol Race.			
In the event of a tie the best place on the Patrol Race wins. The following prizes will be awarded:			
119.	Runner Up TA Team	12 Silver Medals	
120.	Champion TA Team	12 Gold Medals The TA Trophy	
121.	Third Place Champion Team	12 Bronze Medals	
122.	Second Place Champion Team	12 Silver Medals	
123.	Champion Team	12 Gold Medals Trophy	
<b>CHAIRMAN'S PRIZES</b>			
Additional prizes may be allocated to races or competitors as decided by the Chairman. These may include prizes for:			
124.	The winning team in the Floodlit Challenge		
125.	Teams or individuals who make a notable contribution within the spirit of the Championships		