

## RULES FOR C.A.S.A. OFFICIAL SKI TESTS

1. All official tests shall come under the jurisdiction and control of The Technical Board of The Canadian Amateur Ski Association, who will appoint the judges for these tests.

2. There will be three official Tests: A First Class Test, a Second Class Test, a Third Class Test.

3. The tests are open only to amateur skiers who are members in good standing of Clubs holding membership in the Canadian Amateur Ski Association. There will be no entry fee, but the following will be charged successful candidates for the official badges of the Canadian Amateur Ski Association: First Class, gold badge, \$5.00; Second Class, silver badge, \$3.00; Third Class, bronze badge, \$1.00.

4. Local Clubs will decide on the dates on which they wish to hold their tests and will notify, one month or more in advance, the Secretary of the Association. Judges will be appointed by the Technical Board to take charge of the tests. A First Class Test will be held each year at the Annual Tournament of the Association, conditions permitting, but candidates who cannot attend the tournament may be judged locally.

5. No candidates can be judged for a test unless two officially appointed judges are present, and only when formal application has been made by them and approved by their Club. Application for the badges must be sent in, accompanied by the fee, by their Club, after the tests are completed, to the Secretary of the Association, and must be accompanied by a certificate signed by the two judges.

6. A candidate may not enter for the Second Class Test until after passing and receiving the official badge for the Third Class Test, and likewise the First Class Test badge is contingent upon successfully passing the Second Class Test.

7. No more than three attempts will be allowed on any one part of a test on the same day, and the judges should not allow more than one attempt unless they are satisfied that the candidate has a reasonable chance of passing. The various parts of a test must be passed on the same day and before the same judges.

8. Candidates must carry sticks throughout the tests, but the sticks may not be used to reduce speed nor to assist the turn, jump turn excepted. Both sticks must not be held together in one hand or a single stick in two hands.

The Secretary of the Association will keep a record of all winners of these tests and their names will be published in the C.A.S.A. ANNUAL.

FORM.—The judges will consider the form of the candidate as well as speed and execution. The distinguishing points of good form are an easy balance without dependence on the sticks, proper control of the ski, a graceful position, and a single track when running in soft snow.

SNOW.—For the purpose of these tests, Hard Snow may be considered hard, unbreakable crust, or well trodden snow from which all traces of soft snow have disappeared. Soft Snow, a good layer of powder snow, or hard crust softened by the sun, but not breakable.

STEMMING TURNS.—The Pure Stemming Turn should be done without assistance from the sticks. Neither ski must be lifted, the turn carried through by pure stemming action without the help of any body swing. In the Lifted Stemming Turn the inside ski is lifted and brought parallel with the outer ski.

TELEMARK.—In the Telemark the back ski should drop behind and the bend of the back ski should not be ahead of the ankle of the leading foot and should not be allowed to come forward until the turn is completed. Candidates who start the turn with a mixture of ordinary stemming should not be passed.

CHRISTIANIAS.—This turn may be done either by separating the points of the ski and completed by bringing them parallel—"the open Christiania"; or by keeping the ski parallel throughout and jerking them around—"the jerked Christiania"; or by a very slight stem, the ski being immediately brought parallel after the turn has started—"the closed or stem Christiania." In every case the essence of this turn is that the swing should be rapid, and the preliminary stemming or diverging of the ski as slight as possible. A turn started by pronounced stemming and completed as a Christiania should not be passed.

JUMP TURNS.—This is primarily a stick turn and must be made as such. The following are the essentials to proper form. Ski parallel, knees well bent, weight on the toes, inner stick held like a baton with its top in the palm of the hand, jump with an easy, free, confident spring well off the snow, knees kept in contact throughout, jump landing well below line of traverse.

CONTINUOUS TURNS are the same as "downhill turns." They are used to connect up one turn with another, and differ from stop or uphill turns in that the turn is made down the slope. Candidates must not stop between continuous turns.

### THIRD CLASS TEST

1. Four continuous Pure Stemming Turns on hard snow.
2. A Right and Left Telemark from a direct descent at fair speed on soft snow.
3. A Right and Left Christiania from a traverse at fair speed on hard snow.
4. A Right and Left Jump Turn at fair speed.
5. A descent of not less than 300 feet mainly on soft snow. The course selected should provide straight running on steep slopes.

## SECOND CLASS TEST

1. Four continuous Lifted Stemming Turns on hard snow.
2. Four continuous Telemark Turns on soft snow at good speed.
3. Two Stop Christiania Swings—Right and Left—on hard snow, from a direct descent, at good speed.
4. Four continuous downhill Jump Turns, finishing by a Stop Jump Turn at end of run.
5. Finishing within a specified time a one mile cross-country course, a large proportion of which must be downhill running in the open and through woods and bush.

## FIRST CLASS TEST

1. Continuous Open Christianias at high speed on soft snow on a slope of 30 degrees.
2. Continuous Downhill Telemarks at high speed.
3. Stop Telemarks—Right and Left—from a direct descent at high speed.
4. Downhill Jump Turns at high speed on a slope of 30 degrees.
5. Finishing within a specified time a five mile cross-country course laid out over mountain country.
6. One Standing Jump in good form on a championship hill, minimum distance to be decided by the judges. Three trials to be allowed.

Hills upon which these tests are made must have a slope of 25-30 degrees. No Markings will be given for the turns and swings. The candidates will be judged on their all-round form, execution and confidence.

## GENERAL RECOMMENDATIONS

Local Clubs are requested to form a committee called the Tests Committee, and this committee will take charge of educating members to a proper style of ski-ing, forming classes to prepare for the tests, and generally working to improve the knowledge and technique of ski-ing in their Club. Particular attention should be given to the proper fitting of the irons and binding, an important matter sadly neglected, and fraught with real danger. In centres where the knowledge of form, turns, etc., is limited, the Association will endeavour to arrange to send qualified instructors upon request. It is requested that all Clubs interest themselves in the tests and that classes be formed as soon as possible.

## RULES FOR SLALOM SKI RACING

1. A Slalom Race shall consist of a race in which Competitors are obliged to follow a course defined by flags.
2. A Slalom Race shall in general consist of two parts, the first part of which must be held on hard snow, and the second part of which may be held on either hard snow or soft snow, as the Race Committee shall decide. Under exceptional circumstances a Slalom Race may consist of one course on hard snow. In such cases the course should be exceptionally long.
3. The course shall be defined by pairs of control flags *between* which the Competitors shall be required to pass.
4. A Competitor shall be disqualified:—
  - (a) If both his feet do not cross the line between the finishing posts.
  - (b) If he has a trial run round the course after the Referee has set the flags, except with the permission of the Referee.
  - (c) If no part of either of his ski crosses the line between the control flags.A Competitor who is disqualified in one part of a Slalom Race shall be credited with the points which he has obtained on the other part. Where the times taken on both parts of the race are added together and points awarded on the aggregate times, a Competitor shall none the less be entitled to the points he would have scored on the part on which he was not disqualified had those points been awarded in accordance with Rule 8.
5. The following penalties shall be imposed:—
  - (a) *Five seconds* shall be added to a Competitor's time if only one of his feet crosses the line between the control flags.
  - (b) *Ten seconds* shall be added to a Competitor's time if neither of his feet crosses the line between the control flags, provided that some part of one of his ski crosses this line. If no part of either of his ski crosses the line he shall be disqualified.
  - (c) *Five seconds* shall be added to a Competitor's time if he passes through the flags backwards,\* but there shall be no penalty if after passing backwards through the flags he then proceeds to pass forward through them again, and there shall be no penalty for passing backwards through the finishing posts.

It shall be the duty of the flag-keepers to inform the Referee of any penalties imposed in accordance with this rule.

\* A manoeuvre sometimes employed to defeat the intentions of the Setter in the case of a Short Flush.