

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.

Unless asked by the Competitor, flag-keepers shall not inform him whether he has rendered himself liable to any penalty other than disqualification, but flag-keepers should direct the attention of Competitors to any flags which they are apparently in danger of missing altogether.

6. A *ten seconds* penalty may also be imposed by the Race Committee or by the Setter acting on the instructions of the Race Committee for a fall on a selected No-fall section of the course.

The No-fall section shall be defined by two pairs of flags, the first pair at the beginning and the second pair at the end of the No-fall section. Other pairs of flags may be interposed between the beginning and end of the No-fall section.

Ten seconds shall be added to the times of Competitors who fall in the No-fall section, but not more than one such penalty shall be imposed in any given No-fall section. There may be more than one No-fall section on the same course.

The flags which define the beginning and the end of a No-fall section should be blue control flags, and should if possible have the letter "F" in white on a blue background. They should be attached to flag-posts considerably higher than the normal flag-posts.

The Setter should draw the attention of all Competitors to the position of the No-fall section. A Competitor is deemed to have fallen if any part of his trunk above the knee (excluding his arms or hands) touches the snow.

7. Every Competitor shall be allowed one attempt only at each part, unless otherwise decided. A Slalom Race being essentially a test of judgment and control, it is not permitted to decide a race on the best time of two times made by a Competitor descending the same course twice. The times made by a Competitor on both runs shall be reckoned in deciding the final result.

8. Except as provided in Rule 12, points shall be awarded separately for each part of the Slalom. The winner of each part shall receive 50 points, and the points of the other Competitors shall be determined by the ratio of their times to the winner's time, 50 points being the best and highest number of points obtainable in either part.

9. A Competitor who makes a false start shall be recalled.

10. A Competitor is deemed to have finished when his two feet have crossed the line between the finishing posts.

11. Competitors shall decide the order of starting for the first part of the race by lot. The hard-snow part shall be taken first. The choice of order for starting of the second part shall be determined by the order in which the Competitors finished on the first part. The Competitor who secures the most points on the first part shall have the choice of order for starting on the second part. The other Competitors shall have choice of order for starting in accordance with their points on the first part.

If both parts are held on hard snow, the choice of order of starting on the second part shall be determined as above, unless the Race Committee decide to adopt one of the following methods, in which case the Referee must inform all Competitors before the race starts which method of starting has been adopted by the Race Committee. The alternative methods are as follows:—

- (a) Competitors shall start for the second part in the same order as for the first part.
- (b) Competitors shall start for the second part in the reverse order.

12. If both parts are held on hard snow, the Competitor whose aggregate time for the two descents, including penalties, is the shortest shall be the winner, and shall receive 100 points, the points of the other Competitors being determined by the ratio of their times to the winner's time.

13. If there is insufficient hard snow to set a course of adequate length, the Competitors may be required to descend the same course twice, or to descend two different courses. The times for these two courses shall be added together and the aggregate times thus recorded shall be deemed to be the times for Part I. Similarly, the soft-snow Slalom may be divided into two short courses, the times of which shall be added together. Furthermore, if both parts are to be run on hard snow, each part may consist of two short courses.

14. If an unusually large number of Competitors enter for a Slalom race, the Race Committee may treat the first part of the Slalom race as a qualifying part, and may exclude from the second part all those Competitors who have failed to qualify. The number of Competitors who shall be permitted to race in the second part shall be determined before the first part has been run, and shall be announced to the Competitors by the Referee or Setter before the race begins. If there is a special prize for ski-runners in a particular class, and if no ski-runner in that class qualifies for the second part, the prize shall be awarded on the result of the first part.

15. The hard-snow part of a Slalom race should, if possible, be held on snow so hard that no holes are made by falls. The soft-snow part should, if possible, be held on snow deep enough and true enough to render Telemarks easy.

16. The snow conditions should be virtually the same for all Competitors in a hard-snow Slalom. If, for any reasons, really hard snow, as defined in Rule 15, is unobtainable, the Referee shall order the Flag-keepers to fill in the holes made by the Competitors. If snow falls during the progress of a hard-snow Slalom, the Referee may at his discretion order the new snow to be stamped down in order to equalize the speed.

No repairs to the course are permitted in a soft-snow Slalom.

17. A Slalom race shall not be discontinued unless the light becomes so bad that the Competitor cannot clearly see each pair of flags from the preceding pair of flags. The Referee shall in this case postpone the race until the light improves. If it is impossible to complete the Slalom race on the same day, the race shall be decided on the first part if the first part was completed. If no part was completed the times taken by Competitors on the interrupted part shall be cancelled and the race shall either be abandoned or started again on some future date.

18. Competitors must not use unusually short ski. The points of the ski, when placed upright on the ground, must reach at least as high as the wrist of the Competitor when his arm is extended vertically above his head.

19. The flags must be taken in their proper order. A Competitor who has overshot a flag cannot take a lower pair before returning to pass through the higher pair.

REGULATIONS OF THE F.I.S. GOVERNING INTERNATIONAL COMPETITIONS ON SKI—

The Organizing Committee of an International Event shall consist as a minimum of:—

A Director-in-Chief;
A General Secretary;
A Supervisor with Assistants;
A Medical Adviser; and
A Representative of the Press.

To the above Committee must be added:

For Ski Jumping Competitions:

A Director;
Three Judges;
An Official in charge of the take-off;
An Official in charge of the alighting-ground;
A Starter with assistants; and
At least three Distance Recorders with secretaries and assistants.

For Races:

A Director in charge of the races;
An Official responsible for the Course with assistants;
Two Time-keepers with secretaries;
One or more Judges at the finish; and
A requisite number of officials in charge of control posts.

No one who is not an amateur may fill any official position connected with a competition.

SPECIAL REGULATIONS FOR JUDGES AND OFFICIALS AT SKI JUMPING COMPETITIONS

The judges to the number of three shall be nominated by their respective National Organizations. If it is possible, one of them at least should be a foreigner. The judges must verify before a jumping competition takes place that the measuring apparatus is in good order and correct, and they must moreover inform the Director from what point on the inrun it has been decided that competitors shall start. During a Jumping Competition the judges shall be placed in such a position that they can observe from the starting point to the outrun, and can uninterruptedly follow the progress of the competitor. Each judge independently of his colleagues shall estimate every jump in its entirety and shall allocate thereto marks for style which he shall insert upon his marking card. The judges shall be responsible for the accuracy of the calculations, including the proportional points awarded for distance.

In Combined Events judges shall also be responsible for the points awarded for the Long Distance Race.

In Combined Events the judges will receive from the General Secretary a list of the results of the Long Distance Race, already calculated, as explained hereafter.

On the termination of the Jumping Competition, and after the verification of the marking cards in respect of the length of the jumps, the judges will calculate the total points of the competitors and will establish the order of results.

The Distance Recorders for a Jumping Competition shall be at least three in number, of whom where possible one should be a foreigner. The Distance Recorders shall be furnished with a measuring tape, checked as correct, constructed of metal, and bearing a mark at each metre and a special sign every five metres. This tape shall be affixed to the edge of the take-off, and shall be stretched down the alighting-ground. Distances shall be clearly marked by flags or pegs or some such method, on either side of the alighting-ground. The length of a jump is to be taken to the nearest half-metre from the edge of the take-off to the centre of the landing spoor of the jumper.

All Distance Recorders shall note the length of jumps on their respective marking cards. Immediately after the last jump of competitor they shall calculate, with the assistance of the marking tables, the points obtained. They shall be responsible for the accuracy of these calculations, the results of which shall be sent to the General Secretary.

The Official in charge of the take-off is responsible for the good condition of the inrun and of the take-off itself. He should have under his control sundry assistants on skis, and one man at least provided with a rake.

The Official in charge of the alighting-ground shall take care that the alighting-ground itself and the outrun shall be kept in perfect condition. As assistants he should have good skiers on jumping skis, who in case of need will stamp the snow and level out the alighting-ground.

The Official in charge of the alighting-ground should signal to the Official in charge of the