

OFFICIAL SKI TESTS

General

1. The official ski tests are under the jurisdiction of the Technical Board of the Canadian Amateur Ski Association. The Secretary of the Association will keep a record of all successfully passing the tests, and their names will be published in the official Year Book of the Association.

2. There are three official tests: First Class, Second Class, Third Class.

3. The test may be taken only by members in good standing of clubs holding membership in the C.A.S.A. A charge will be made for the official ski test badges as follows: Gold, First Class, \$5.25; Silver, Second Class, \$3.25; Bronze, Third Class, \$1.25.

4. Clubs desiring to conduct tests will, through the Secretary of the Association, notify the Technical Board, who will appoint official judges for the same. Full instructions as to their duties will be furnished all judges. No one can qualify for a test unless two officially appointed judges are present, and only after formal application has been made to and approved by their Club. Upon the successful completion of a test, a Certificate to this effect, signed by the two officiating judges, will be sent at once to the Secretary of the Association, accompanied by the badge fee, if desired.

5. Generally, no one may take the Second Class Test until passing the Third Class; and the First Class is contingent upon passing the Second Class Test. The Technical Board alone may change this rule, and they alone may award badges at their discretion.

6. Three trials only will be allowed in any one part of a test, and all the parts of a test should be passed on the same day before the same judges, if, in their opinion, conditions so warrant; all parts must be passed in the same season.

Form

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, supple balance without dependence on the sticks; proper control of the ski at all times; execution of the turns without apparent haste or effort; and appearance of confidence and a resilient position.

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.

Stem Turns

STEM TURNS:—Stem Turns must be done slowly and under control. They must be carried through by steering reaction and gradual outward weight shifting only. Both skis must be weighted throughout and remain in stem position. There must be no lifting of either ski and no spinning around on the outer ski by body swing—nothing, in other words, approximating the Christiania finish. The real test is that the stem angle shall not diminish until the outer ski has reached the new direction of traverse, and then shall not do so abruptly. The sticks must be clear of the snow throughout the turn.

Telemark

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 this turn with a mixture of ordinary stemming should not be passed.

Christiania

CHRISTIANIA:—This turn may be done either by separating the points of the ski and completed by bringing them parallel—"Open Christiania," or by keeping the ski parallel throughout and jerking them around—"Jerked Christiania"; or by a slight stem, the ski being immediately brought parallel after the turn has started—"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 of good form: Ski parallel, knees well bent, weight on the toes, inner stick held firmly in the hand, jump on the stick with an easy, confident spring well off the snow, knees in contact throughout, jump landing well below line of traverse.

CONTINUOUS TURNS:—These are the same as Downhill Turns. They are 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, a momentary stop between Jump Turns excepted.

STICKS:—Candidates must carry sticks throughout the tests, but the sticks may not be used to reduce speed, nor to assist a turn, Lifted Stem, Christianias and Jump Turns excepted. Sticks are not to be carried in the Jumping Tests.

CROSS-COUNTRY TESTS:—Are to demonstrate all-round proficiency, steadiness and form rather than speed and stamina, although all these factors will be considered by the judges in their decision. The judges, depending upon local conditions and circumstances, will set a time limit for each test, within which all runners must finish, and this time will be given the candidates before starting.

JUMPING TESTS:—Are to demonstrate balance, confidence and form and not proficiency on a standard Jumping Hill. Touring ski will be used in all the jumping tests. Improvised jumps will be built to give a fair test of balance, confidence, and landing, and all these factors will be considered by the judges in their decision.

THIRD CLASS TEST:—1. Four continuous Pure Stem Turns on hard snow under complete control, on a 15 degree slope.

2. A Right and Left Telemark from a direct descent on soft snow, on a 15 degree slope.

3. A Right and Left Christiania from a direct descent on hard snow, on a 15 degree slope.

4. A Right and Left Jump Turn to a stop from a direct descent, on a 15 degree slope.

5. A Cross-Country Test against time of one mile in length laid out to show all-round proficiency in climbing, on the flat, and downhill, over bush trails and open country.

6. A Jump of 10 feet.

SECOND CLASS TEST:—1. Four continuous lifted Stem Turns on hard snow on a twenty-five degree slope.

2. Four continuous Telemark Turns on soft snow on a 25 degree slope.

3. Two Stop Christiania Swings Right and Left on hard snow from a direct descent on a 25 degree slope.

4. Four continuous Jump Turns on a 20 degree slope, finishing with a stop Jump Turn.

5. A Cross-Country Test against time, of two miles in length, laid out to test the candidate's all-round proficiency and particularly steadiness and form in downhill running through bush and open country.

6. A Jump of 35 feet.

FIRST CLASS TEST:—1. Four continuous Christiania Turns on soft snow on a 30 degree slope.

2. Four continuous Telemark Turns on soft snow on a 30 degree slope.

3. Two Stop Christianias and Two Stop Telemarks, Right and Left, from a direct descent on a 30 degree slope.

4. Four Downhill Jump Turns on a 30 degree slope.

5. A Cross-Country Test against time, of seven miles, laid out over difficult country to test thoroughly the candidate's all-round proficiency under really severe conditions.

6. A Jump of 60 feet.

Jump Turns

Continuous Turns

Cross-Country Tests

Jumping Tests

Third Class Test

Second Class Test

First Class Test