



**ICR Precisions Speed Skiing
2008-2010 (Edition November 2009)**

- 201.6.7 Speed Skiing Events: Speed 1 (S1), Speed Downhill (SDH), Speed Downhill (Junior) (SDH(Jun))
- 1230.1 Speed Skiing Events
Speed skiing is practiced in three distinct event styles: Speed 1 (S1, also called 'classic class'), Speed (Downhill) (SDH, sometimes called 'production class') and SDH(Jun) for Junior racers in SDH; note that there is no separate Junior category for the S1 event. No competitor may participate in an S1 race unless they have either FIS Alpine or Speed Ski points, or have already completed at least one season in the SDH class (either Pro or FIS). S1 and SDH events are normally run concurrently, and both count towards FIS points and WC points, based on the overall fastest racer. SDH racers compete in equipment approved for Alpine DH races. Junior racers (as defined in the ICR) may not compete as SDH (Seniors).
- 1232 The Course**
- 1232.1 Homologation**
Each Speed Skiing course must be homologated by the FIS as defined in ICR Alpine Art 650 „Rules about the homologation of courses“. The FIS TD must ensure that each race is run wholly within the limits of the piste as homologated – i.e. the useable piste may not be extended outside the boundaries of the homologated area. The Race Committee appoints the course setters for all FIS sanctioned events.
- 1232.2.2** The timing zone
The last 100 metres of the competition track will be used as the basis for measuring the speed of each competitor. The length has to be measured very precisely, and frequently controlled to ensure that speed measurements remain valid. The OC is responsible for certifying the accuracy of the measurement to the TD.

- 1232.5 Track markings**
The track will be marked along its sides with dye, pennons (small flags) or small twigs, and also across its width to indicate the end of the timing zone, and the limit of a 'no-turning' limit. The markings should be positioned as follows:
- 1232.5.1** Launching area: green border markings.
- 1232.5.2** Timing zone: red border markings. In addition, 2m after the end of the timing zone must be marked across its entire width by a red coloured line on the snow. This line must be at least 30 cm broad, and clearly visible from the competition track.
- 1232.5.3** Run-out area: green border markings for the first 100m, the end of which will be marked across its entire width by a green or blue coloured line in the snow. This line must also be at least 30 cm broad and clearly visible from the track; competitors are not permitted to brake or turn before this line. Further markings may then be used to indicate the run-out line, but spaced at 3m intervals.
- 1232.6** (after the paragraph, add:) "As soon as one of the official days is cancelled, then the Reserve Day must be used."
- 1233.4 Starting Points Positions**
- 1233.4.1** Starting positions are determined by the Jury and are indicated with a pole, a fence or a banner. The approach from the public piste to a point level with the current start area must be securely protected to stop racers and/or equipment from slipping on the downhill side; this security fence is known as the CAT line.
- 1233.4.2** Starting positions for men and women in all three class (S1, SDH and SDH(Jun)) may be different.
- ~~**1233.4.3** — The Jury is responsible for defining the starting points on the runway (Art.1232.2.1)~~
- 1233.4.3** For the first training run and the first race run, the starting positions must not facilitate a speed of more than 180kph for S1 racers, and 150 kph for SDH (Jun) racers. For mixed category events, each run must start at the lowest position required by the categories present.
- 1233.4.4** The last starting position on any day will normally be used as the first one for the next day. The Jury can decide to set lower or higher start points according to weather and track conditions.
- 1233.4.5** At any stage in the competition, the Jury may lower a start position if security conditions (wind, visibility, damaged track etc) so indicate.
- 1233.4.6** The last start position for a FIS race must be set so that the maximum speed on the run does not exceed 200 kph. Any subsequent runs in the competition will then start from the same start position.

When placing the start position the TD must pay attention to the 200 kph maximum speed limit.

~~A trial on one specific piste, as an experiment to run the Verbier race (a 2007 FIS event) to the full potential of its track, if conditions permit. FIS Council may authorise events run to the full potential of a specific track (ie faster than 200 kph) following application by the FIS Speedski Committee.~~

1233.4.7 ~~The final start position for racers entered as SDH(Jun) must be set such that their maximum speed does not exceed 170 kph (Note also the provisions of Rule 1233.5.2 with regard to SDH category starting positions).~~

~~This limit is not applicable where a racer has been entered as an 'open' competitor by their National Ski Federation.~~

1233.5 Starting Order

1233.5.1 Competitions will run under FIS Point regulations. The starting order of competitors is determined according to their current FIS points, with the best 15 competitors present being drawn.

1233.5.2 Men and women (S1, SDH and SDH (Jun)) will run in different categories, and as separate groups. The female group would normally start first, and may start at a different (lower) position. The SDH categories normally start before the entire S1 category with the same rules for start order. However, at the Race Committee meeting on the previous night, the Jury may decide to vary the order of departure (e.g. interspersing groups of men and women). No SDH(Jun) racer may start from a higher position than the equivalent SDH racer, and no SDH racer may start at a higher point than that used for the equivalent S1 racer.

1233.5.3 Race numbers will be allocated to each competitor at the start of the competition, and these numbers will be retained for the duration of the competition. All training runs will be run in race number order, as will the first race run. Thereafter, the starting order for each group (by category and gender) will be determined by the best speed reached by each competitor in that group during all previous runs of the race (i.e. excluding training runs), with competitors starting in decreasing order of speed apart from the 10 fastest racers where the order is inverted (i.e. the order is: 10th fastest, 9th, 8th, 7th ...2nd, 1st then 11th, 12th, 13th, 14th etc ..).

1233.5.4 At the Race Committee meeting, the Jury will advise the number of racers in each category for each of the runs to be held the next day. After each run, the Jury must eliminate racers who do not demonstrate sufficient technical skills to participate in the next run.

1233.8.1 A competitor may only start at the start position currently in use. However, all competitors must remain above the start line until the

Starter has announced “Go”, at which time the competitor should descend to the start position and start the run within the following 60 seconds.

1233.8.3 Any competitor who does not show up after his number is called will not be allowed to continue the race, except if his absence was as a result of force major (e.g. breakdown of uplift facilities) and only then by permission of the Jury. In such a case, the Starter may allow the competitor to make a provisional start (see also ICR Art 613.6) pending a final Jury decision. Any competitor who is excluded will have their best speed during the competition prior to that stage registered in the results list.

1233.9.2 The final ranking (both general and by category) of a race is established only with the results of the finale of the qualified racers (see Art 1233.5.4 above). All other racers are then classified in descending best speed order working back from the final qualified racer group. Speed skiing competition categories are:

- S1 Male and Female
- SDH Male and Female
- SDH(Jun) Male and Female

1233.9.3 Awards must be presented to the top 3 men and top 3 women of the S1 category, and to the winners of other categories represented; prizes may be presented to a greater number of top men (to a limit of the top 10 men). If prize money is to be awarded, then its distribution is to be published in the official programme prior to the start of the event (Art. 213).

1233.10.2 During the course of the season, FIS will publish running Speed Ski World Cup (SSWC) points lists (separately for S1, SDH and SDH(Jun)), based on the official results as they are issued. On the basis of this, and the results of the final event, the World Cup champions will be presented with their trophies at the World Cup final. All SSWC races will count for a national ranking, which will include all nations present and be based on the 3 best speeds achieved by that nation:

- the three racers must include Junior (S1 or SDH(Jun), Ladies and SDH categories
- No racer may represent more than 2 of these categories at the same time
- Any nation unable to represent one of the above will have 100kph added to their classification.
- All nations in a competition will be classified, including those with only 1 or 2 competitors.
- Ranking points will be based on the number of nations ranked in that competition – eg if there are 7 nations, points will run 70 (for 1st place), 60, 50, 40, 30, 20 and 10 (for last place). If there are 4 nations, points will be 40 (for 1st), 30, 20 and 10 (for last).

- 1233.10.3** SSWC points will be allocated at each WC competition as follows:
After Table:
The points above relate to S1 events only. SSWC points are also calculated for SDH Men, SDH Women, SDH(Jun) Men and SDH(Jun) Women, and these are based on the S1 Womens' points series above (25, 20, 15, 12 etc).
- 1233.10.4** At the end of the season, the FIS will publish the following lists, separated into male and female categories:
- The final SSWC ranking list for S1 competitors.
- Secondary SSWC ranking lists for SDH and SDH(Jun) categories.
- The classification according to best speed achieved during the year.
- The classification according to FIS point order, calculated in accordance with Art 1236 below. In addition, FIS will publish a national ranking, based on the system defined as in Rule 1233.10.2.
- 1234.1** **Skis**
S1 class skis must be between 2.20 and 2.40 m in length. They must not weigh more than 15.0 kg for a pair, including all bindings and attachments, must be constructed for high speed running, and must not have any added aerodynamic appendages. SDH and SDH(Jun) class skis must be standard production downhill skis, as defined in the FIS Equipment Specifications, and no longer than 2.25 m.
- 1234.3** **Ski poles**
Ski poles are compulsory for speed skiers. They must beat the lowest part. The handles, placed at the very upper part of the poles, and without handstraps ('sword knots') must be free of sharp or prominent parts, as must the entire pole.
- 1234.4** **Ski suit**
For the S1 category, clothing should be a plastified ski suit suitable for Speed Skiing (the plastified suit must be covered by effective slip-resistant clothing until the athlete has reached the waiting area). For the SDH and SDH(Jun) categories, clothing as well as all elements of the equipment must fulfill FIS rules for Alpine Downhill as defined in FIS Equipment Specifications, especially as regards air permeability. For all categories, it is compulsory to wear underclothing covering the body and at least $\frac{3}{4}$ of the arms and legs under the suit. In order to avoid severe burning, dorsal protection worn under the suit is mandatory (see Art 1234.9). No protective elements can be more than 4.5 cm thick. Athletes must wear gloves to protect their hands.
- 1234.6** **Helmet**
For S1 competitors, a crash helmet (the inner helmet), fully covering the athlete's head is obligatory and must be fitted with a face protector. It must be fastened solidly with a chinstrap and safety-buckle (double metallic rings are forbidden). The crash helmet and the head must be separated with foam no less than 0.5 cm thick (under natural

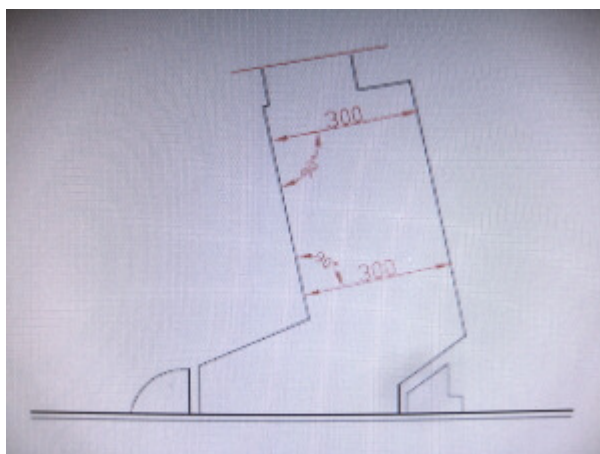
pressure). Additional neck and face protection may be added (the outer helmet), but must not have any dangerous protuberances, and must separate from the basic protective helmet in the event of a fall. This will normally be effected by use of 2 or more frangible plastic screws or with points of glue to hold the 2 parts together. It may not exceed 40 cm in any dimension (the 'circle test'), including padding and flexible seals. It must not weigh more than 2kg in toto (both inner and outer). Racers may use inner helmets conforming to CE 1077 standards and fitted with an approved outer-helmet fixation system accompanied by a maker's certificate. In the case of such helmets, the "circle test" is increased to 48 cm in diameter.

1234.6.1 SDH and SDH(Jun) competitors must wear a helmet which conforms to FIS Alpine DH Equipment Specification Rules, or to EN966. CE1077 helmets may have added chin protection and an optional visor.

1234.7 Fairings

Speed skiers may wear rear fairings under the skisuit with the following restrictions:

- Each fairing may not exceed 1 kg in weight, must be constructed from a pliable material, must not cover or inhibit the working of the ski binding, and must be non-wounding when breaking.
- The maximum depth of the fairings, measured from the front of the shin, and in parallel with the ground, must not exceed 30 cm.



(new diagram)

1236.2 For World Cup and World Championship races, based on winning S1 racers, there will be no Race Penalty to add. Where SDH skiers do not have any S1 skiers as a basis for race points, FIS will provide an appropriate Race Penalty; where SDH(Jun) skiers have neither S1 nor SDH competition, FIS will advise the SDH(Jun) specific penalty. Validity of points on any listing is in accordance with FIS practice as defined in the points listing of the FIS Classification Committee.