

Special Olympics

Northern California and Nevada



Snowboarding

2008

Guidelines

&

Rules



November 2007

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SPECIAL OLYMPICS

MISSION STATEMENT

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with mental retardation, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics Athletes and the community.

Training For Life

SONC / SONV PLAYS BY THE RULES.....

All Special Olympics competitions will be conducted in accordance with the Official Special Olympics Sports Rules and the National Governing Body of Rules for each sport offered in our program. These rules are designed to protect the athletes, provide equitable conditions of competition and promote uniformity so that no competitor shall obtain an unfair advantage over another.

The International Olympics Committee (IOC) has granted its official recognition to Special Olympics International, Inc., and its accredited programs.

Special Olympics Northern California and Nevada

COACHES' CODE OF CONDUCT

Special Olympics Northern California and Nevada (SONC/SONV) volunteer coaches are models whose behavior serves as a positive example for Special Olympics athletes. The coach's behavior should reflect a concern that the fairest and most positive competitive experience is equally available to every athlete in each training or competition. The coach has the unique opportunity to influence the development and personal growth of many individuals in Special Olympics. For this reason, it is important that the coach adhere to the standards of ethical decision making and teaching.

In addition, it is the position of SONC/SONV that each volunteer coach shall agree to:

HAVE RESPECT FOR OTHERS

- I will respect the rights, dignity and worth of athletes, other coaches and volunteers, SONC/SONV staff members, and friends and spectators in Special Olympics.
- I will treat everyone equally regardless of sex, race, color, religion, ancestry, national origin, disability, medical condition, marital status or sexual orientation.
- I will be a positive role model for the athletes.

ENSURE A POSITIVE EXPERIENCE

- I will ensure that for each athlete I coach, the time spent with Special Olympics is a positive experience.
- I will respect the talent, developmental stage and goals of each athlete.
- I will ensure that each athlete competes in events that challenge the athlete's potential and are appropriate to that athlete's ability.
- I will be fair, considerate and honest with athletes and communicate with athletes using simple, clear language.
- I will ensure that accurate scores are provided for entry of an athlete into any event.
- I will instruct each athlete to perform to the best of the athlete's ability at all preliminaries/heats and finals in accordance with the Official Special Olympics Sports Rules.

ACT PROFESSIONALLY AND TAKE RESPONSIBILITY FOR HIS/HER ACTIONS

- My language, manner, punctuality, preparation and presentation will demonstrate high standards.
- I will display control, respect, dignity and professionalism to all involved in Special Olympics, including to the athletes, other coaches and volunteers, opponents, officials, administrators, SONC/SONV staff members, parents, spectators and the media.
- I will encourage athletes to demonstrate the same qualities.
- I will not drink alcohol, smoke or take illegal drugs while representing Special Olympics at training sessions or during competitions.
- I will not engage in any form of personal abuse towards athletes, other coaches and volunteers, SONC/SONV staff members, or friends and spectators in Special Olympics, including inappropriate or unwanted sexual advances on others, verbal, physical or emotional abuse.
- I will be alert to any form of abuse from other sources directed toward athletes or others in my care.
- I will abide by the Special Olympics policy that prohibits coaches from dating athletes.

PROVIDE QUALITY SERVICE TO THE ATHLETES

- I will seek continued improvement through performance evaluation and ongoing coach education.

- I will be knowledgeable about the Sports Rules and skills of the sport(s) I coach.
- I will provide a planned training program.
- I will keep copies of the registration, training, and competition records for each athlete I coach.
- I will follow the Special Olympics and National Governing Body Rules for my sport(s) coached, as well as all SONC/SONV policies and procedures, as amended.

ENSURE THE HEALTH AND SAFETY OF THE ATHLETES

- I will ensure that the equipment and facilities for my sport(s) coached are safe to use.
- I will ensure that the equipment, rules, training and the environment are appropriate for the age and ability of the athletes.
- I will review each athlete’s registration form and be aware of any limitations on that athlete’s participation noted on that form.
- I will encourage athletes to seek medical advice when needed.
- I will maintain the same interest and support towards sick and injured athletes.
- I will allow further participation in training and competition only when appropriate.

SONC/SONV may take any or all of the following actions in its sole discretion should the behaviors and/or abilities of a coach, other volunteer, or other representative or faction of a school/organization, violate: a) any of the principles stated above; b) any other SONC/SONV policies and/or procedures, as amended; and/or c) the philosophy of the Special Olympics movement:

1. The coach or other volunteer may be notified by official warning of the undesirable behavior and be requested to remedy the situation immediately in order to continue his or her participation in Special Olympics;
2. The coach or other volunteer may be requested to withdraw personally or with his/her team from the remainder of any Special Olympics training, competition, activity or event;
3. The coach, other volunteer, or sponsoring school/organization may be suspended from participating in any Special Olympics training, competition, activity or event for a specified period of time; and/or
4. The coach, other volunteer, or sponsoring school/organization may be permanently prohibited from participating in any Special Olympics training, competition, activity or event.

I have read and understand the foregoing SONC/SONV Coach Code of Conduct, and agree to abide by its terms.

By: _____
(Signature of Volunteer Coach)

Print Full Name: _____

Date: _____

Special Olympics Northern California and Nevada

ATHLETE'S CODE OF CONDUCT

Special Olympics Northern California and Nevada (SONC / SONV) is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. All SONC / SONV Athletes and Unified Partners agree to the following code:

SPORTSMANSHIP

- I will practice good sportsmanship.
- I will act in ways that bring respect to me, my coaches, my team, and Special Olympics.
- I will not use bad language.
- I will not swear or insult other persons.
- I will not fight with other athletes, coaches, volunteers, or staff.

TRAINING AND COMPETITION

- I will train regularly.
- I will learn and follow the rules of my sport.
- I will listen to my coaches and the official and ask questions when I do not understand
- I will always try my best during training, divisioning, and competitions.
- I will not "hold back" in preliminary competition just to get into an easier finals competition division.

RESPONSIBILITY FOR MY ACTIONS

- I will not make inappropriate or unwanted physical, verbal, or sexual advances on others.
- I will not smoke in non-smoking areas.
- I will not drink alcohol or use illegal drugs at Special Olympics venues
- I will not take drugs for the purpose of improving my performance.
- I will obey all laws and Special Olympics rules, the International Federation and the National Federation/Governing Body rules for my sport(s).

I agree to obey this code and I understand that if I do not obey this Code of Conduct, I will be subject to a range of consequences by SONC / SONV program up to and including not being allowed to participate.

SONC / SONV SNOWBOARDING RULES AND REGULATIONS

SECTION A – GENERAL RULES

1. The Official Special Olympics Rules shall govern all Special Olympics Snowboarding competitions. As an international sports program, Special Olympics has developed these rules based upon Federation Internationale de Ski (FIS) rules for Snowboarding. FIS rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply.
2. EACH SPECIAL OLYMPICS ATHLETE IS REQUIRED TO HAVE AN **APPLICATION FOR PARTICIPATION AND A RELEASE FORM FILLED OUT AND SIGNED BY A CERTIFIED PHYSICIAN IN ORDER TO PARTICIPATE. ALSO, EACH UNIFIED PARTNER MUST FILL OUT A UNIFIED® PARTNER RELEASE FORM IN ORDER TO PARTICIPATE. THIS IS IN ACCORDANCE WITH SPECIAL OLYMPICS GENERAL RULES.**
3. EACH ATHLETE IS REQUIRED TO PLAY IN THE QUALIFYING MEET PRIOR TO PARTICIPATION IN THE PROGRAM CHAMPIONSHIP.
4. The competition uniform should reflect logos appropriate to the Special Olympics team or area affiliation.

SECTION B – OFFICIAL EVENTS

Level Three	Level Two	Level One
Novice	Intermediate	Advanced
Slalom	Slalom	Slalom
Giant Slalom	Giant Slalom	Giant Slalom
Downhill	Downhill	Downhill

All events are timed and are in minutes, seconds and tenths.

Each Athlete will compete in one of three levels (3) of competition (Level three, two, & one).

*At Program Championships: The Athletes will be able to compete in three events (slalom, giant slalom and downhill).

*At Regional Events all the levels of Competition will vary based on the venue site. Athletes will compete in a minimum of two (2) events or three (3) events within the same level.

In order to advance athletes must meet the minimum requirements.

*Athletes must compete in the SAME LEVEL in all events. (I.e. Advanced snowboarders can only snowboard on advanced courses)

SECTION C – FACILITIES

1. Slopes must be suitable in length, width, and difficulty to accommodate snowboarders' abilities. All race and training venues must be safe.

2. Whenever possible, lifts will be available either on or directly adjacent to the race and training venues.
3. The finish area for all races shall allow enough room for a competitor to safely come to a stop. Whenever possible, all finish areas shall be fenced to keep spectators off the venue. (See Finish Stadium Diagram on the next page.)
4. Warming facilities should be readily available from the slopes and parking lot. The facilities should be large enough to accommodate the Special Olympics group in case of inclement weather. Volunteer registration should be conducted inside. Awards ceremonies should be conducted inside only in case of bad weather.
5. A ski area parking lot should allow for enough parking spaces for event volunteers. Special Olympics staff, coaches and athletes. Adequate parking for individuals with physical disabilities should be available for attendees. Emergency vehicle access is mandatory.
6. Ancillary Facilities
 - a. Room for snowboard storage
 - b. Room for snowboard preparation
 - c. Room to store Special Olympics equipment
 - d. Snowboard rentals
 - e. Room for coaches' meeting
 - f. Covered facilities for:
 - 1) Venue Management Meeting
 - 2) Event Timing and Calculations
 - 3) Start Area

SECTION D – EQUIPMENT

1. A helmet appropriate for snowboard racing is recommended on all forerunners and required for all competitors in official training and competition for all ability levels in Slalom, Giant Slalom & Super Giant Slalom events. Helmet selection should be made with the help of a knowledgeable snowboard coach or snowboard stop employee.
2. Appropriate warm clothing, including gloves and hats should also be worn. No jeans will be allowed.
3. The ski area shall provide adequate snow grooming and venue preparation for all events. For deteriorating snow conditions, course maintenance tools (rakes, shovels, chemicals to harden snow) will be used and are the responsibility of the ski area.
4. Slalom, Giant Slalom and Super G gates consist of two poles: one outside pole and one stubby turning pole. Triangular banners may be placed at the bottom of the gate at snow level. The short or turning side of the panel must be able to tear away from the pole with Velcro or other suitable fastening. If snowboarding gates are not available, the standard breakaway gates will be used. For all events, panels may be used.
The first gate after the start should always be red.
5. An auger shall be made available for the course setter to set poles into the snow.
6. Adequate protection for the entire race venue shall be provided. Whenever possible, for safety reasons, the courses should be fenced off from the skiing and snowboarding public as a non skiing area. Additional fencing and protection are the responsibility of the ski area.
7. Start and finish banners shall be used.

8. Whenever possible, electric timing equipment (with a back-up system) shall be used. When this is not possible, hand-held timing may be used. Gate judges shall be responsible for timing the two-minute rule.
9. Public address system shall be available for:
 - a. Announcing competition staging and results;
 - b. Announcing the competition events.
10. Information boards:
 - a. Start Order Board – Shall be located at the start and contain the athletes' start order, bib number, and other pertinent information.
 - b. Result Board – Shall be located outside the finish area for race results. Athletes shall be listed by name, start order, and bib number.
 - c. General Information Board – Shall be located in close proximity to the racing venues, awards area, and lodge and contain general information and announcements.
11. The ski area shall provide their ski patrol to oversee all medical needs and procedures for the events. In the case of medical volunteer participation, the ski area shall coordinate the medical procedures.
12. Snowboard equipment repair tools shall be used by certified equipment personnel during race situations.
13. A communications system, connecting race venues, medical personnel, volunteer coordinators, and event officials, shall be in place.
14. It is helpful and imperative to identify race and event officials. Host organizations may want to provide some form of identification such as arm bands, windbreakers, or hats.

SECTION E - PERSONNEL

1. Snowboard Venue Team (recommended)
 - a. Technical Delegate
 - b. Referee
 - c. Chief of Race
 - d. Chief of Course
 - e. Start Referee
 - f. Finish Referee
 - g. Assistant Referee
2. Officials (recommended)
 - a. Chief Gate Judge
 - b. Chief of Timing and Calculations
 - c. Race Secretary
 - d. Chief of Medical
 - e. Chief of Information
 - f. Chief of Race Equipment
 - g. Course Setter
 - h. Assistant Course Setter

3. Additional Volunteer Race Workers (recommended)
 - a. Gate Judges
 - b. Forerunners
 - c. Course Marshals – Stewart
 - d. Course Crew
 - e. Timing and Calculations
 - f. Medical/Ski Patrol
 - g. Runners
 - h. Assistants to the Start and Finish Referees
 - i. Announcers

SECTION F – RULES OF COMPETITION

1. General Rules and Modifications
 - a. FIS rules offer Special Olympics athletes and competition directors the benefits of standardized snowboard competitions worldwide. It must be remembered that FIS rules were written to govern competitions for high ability athletes only. A small percentage of Special Olympics snowboard athletes have acquired such a high level of skill. Therefore, it is appropriate to assess all Special Olympics athletes on snowboard courses which meet their abilities. FIS regulations for snowboarding (number of gates, vertical gate combinations and vertical drop) require courses on terrain which in most cases are too steep and long for sliders of lower abilities. Special Olympics snowboard courses have been modified from the FIS rules to accommodate our athletes. The rules for setting courses, i.e., number of gates, distance from turning pole to turning pole, start and finish area requirements, remain largely the same as FIS rules. Specific snowboard modifications shall replace FIS requirements as stated in the Official Special Olympics Winter Sports Rules.
 - b. Divisioning
 - 1) All coaches are reminded to review the sections in Article 1 of the Official Special Olympics Winter Sports Rules for clarifications of divisioning and age groupings.
 - 2) Novice shall have at least one run on a modified Giant Slalom course of their ability level, with the fastest time used to determine their division for competition. If time in the race organizers schedule permits, divisioning time trials may be conducted for Slalom, Giant Slalom and Super G. In the first run of competition in each division, the fastest divisioning time starts first, slowest last.
 - c. Start Areas: All start areas shall be flat, enabling the athletes to stand in the start in either a relaxed or ready position. Care should be given for providing easy access to this area as well as securing the area from the flow of general public skier traffic.
 - d. **Two-Minute Rule: During competition, if the competitor moves out of the general direction of the line of the course (falls or misses a gate, etc.) he/she shall have 2 minutes (total accumulative time) from the time of the deviation to re-enter the course. A competitor who fails to adhere to this 2-minute time limit, or receives assistance of any kind, shall be disqualified. Disqualification shall be determined on the gate card by the gate judge assigned to the gate closest to where the infraction occurred. The gate judge is responsible for timing the 2 minutes.**

- e. Start Command – For all Special Olympics snowboard events at each ability level, the start command shall be as follows: “3.2.1. GO!” The timer begins when the athlete’s front boot crosses the start line, or when the electric timing wand is activated.
- f. Gate Line: The gate line is determined by time turning pole.
- g. Correct Passage: A gate has been passed correctly when the competitor’s snowboard tip and both feet have passed by the gate. All turns will be around the short pole / short side of the banner. The start and finish lines are the same as a gate line.
- h. In the event that a competitor removes a pole from its vertical position before the competitor’s snowboard tip and both feet have passed the gate line, the snowboard tip and feet must pass the original gate.

2. Event Modifications

a. Giant Slalom and Slalom

- 1) Giant Slalom and Slalom races will consist of two timed runs. The combined times will determine the results for awards.
- 2) A course reset for the second run will be determined by the Venue management.
- 3) In Giant Slalom and Slalom events, the athlete’s first-rune time shall determine his/her second run start order within the division. Slowest first-run time will start first, fastest last. Disqualified sliders may have a second run, but they will run at the end of their divisions.

b. Downhill

- 1) Competition organizers will create Downhill courses based upon the ability levels of the competing athletes.
- 2) One training run on the same course and prior to the race is required of all athletes.
- 3) Race organizers are encouraged to time the training run. This will have no bearing on start orders for the race.
- 4) The Downhill race is a one-run race.