

Competitor Responsibility Code and Rules of Competition

All Competitors will conduct themselves in a sportsmanlike manner and are responsible for their actions while attending USTSA events. Sportsmanlike conduct is defined as, but is not limited to: respect for competition officials, resort employees, and the skiing and snowboarding public, the use of courtesy and good manners, and abstinence from illegal or immoderate use of alcohol and use of illegal or banned drugs. Failure to adhere to the Responsibility Code or the Competition rules may result in disqualification from the event.

Medical Insurance

Participants in USTSA sanction events must have their own medical insurance coverage.

Rules of Competition (These are a few of the key rules, see the USTSA Competition Guide for a complete set of rules)

7.1 Safety

- 7.1.1 Helmets designed and manufactured for the particular discipline of ski racing being contested are required for all competitors and forerunners in all USTSA events and official training. Helmets must bear a CE mark and conform to recognized and appropriate standards such as CEH.Din 1077, ASTM F2040, SNELL S98 or RS98. Competitors should wear helmets that cover the head and ears (hard ear covering) and do not have spoilers or edges that stick out. Competitors in the Expert classification must wear helmets that cover the head and ears (hard ear covering). Helmets with spoilers or edges that stick out are not permitted in the Expert classification. Protective features integral to the discipline being contested, such as chin guards on slalom helmets are permitted.
- 7.1.2 Other safety equipment such as back braces, knee pads or padded gloves may be worn at the competitor's discretion.

6.2 Telemark Turn Rule

- 6.2.1 All turns are to be executed in the Telemark technique.
- 6.2.2 Definition of the Telemark technique.
 - 6.2.2.1 The inner ski must be the hindmost ski. The distance between the tip of the inner boot and the heel of the outer boot must be at least one boot length, measured in the direction of the ski.
 - 6.2.2.2 The heel of the inner ski must be clearly lifted from the ski
 - 6.2.2.3 The turns must be linked together in one single, uninterrupted movement from one Telemark turn to the next. At all times there must be at least one boot length between the tip of the inner boot and the heel of the outer boot unless the next turn is being executed.
- 6.2.3 The competitor himself decides where to execute the turn in relation to the gate.
- 6.2.4 Skating steps are permitted as long as the rules in article 6.2.2 are adhered to.
- 6.2.5 To start a turn in the Telemark technique and end it as a parallel turn, or vice versa, is not allowed.
- 6.2.6 Falling through a gate or passing through a gate on one ski only, is a penalty, finish gate excepted.

6.3 Penalty

- 6.3.1 The racer shall be assessed a one second penalty for each gate not negotiated in a correct Telemark turn.
- 6.3.2 Only one penalty may be given per gate for each racers run.
- 6.3.3 It is the gate judge's responsibility to decide whether these turning criteria have been met by each racer, through each of their gates.

- 6.3.4 Because the gate judge's decision is final and indisputable, the gate keeper should be sure that an infraction has occurred before recording a penalty on the gate judging card.
- 6.3.5 If there is any doubt as to whether, or not, a competitor has met one of the 3 turn-rule criteria, the racer should not be penalized.

7.3 Inspections

- 7.3.1 The competitors inspect the course on skis with bibs visible, slowly side-slipping or slowly snowplowing along the course, only. Any other movement through the gates is illegal and will result in disqualification.
- 7.3.2 Shadowing the course, either next to the gates or above the gates, while matching the courses rhythm is illegal and will result in disqualification.
- 7.3.3 The jury may disallow sliding through the gates.
- 7.3.4 The Jury may disallow any skiing on the race trail. Moose, jump, and moguls, etc., are part of the course and inspect able.
- 7.3.5 The jump must be open for practice during inspection. The competitor must execute one practice jump. A competitor who fails to make a practice jump must be disqualified.
- 7.3.6 The jump must be open long enough to allow time for each competitor to practice jump at least once. The jury decides the maximum number of practice jumps.
- 7.3.7 If the same course is used for both runs and it is necessary to move some of the gates, the competitors shall have an inspection before 2nd run.
- 7.3.8 The time reserved for inspections must be sufficiently long enough to allow the competitors two inspections. 45 minutes for Telemark, and SL, and 60 minutes for Classics are the minimum.

6.1 Gates

- 6.1.5 Correct passage of gates occurs when both the competitor's ski tips and both feet have passed across the gate line. This rule is also valid when a competitor has to climb back up to a gate.
 - 6.1.5.1 The gate line in Giant Slalom), Sprint Classic, Parallel Sprint Classic and Classic, where a gate consists of two pairs of poles holding banners between them, is the imaginary shortest line between the two inner poles at snow level. Where a gate consists of a single pair of poles holding a banner between them, the gate line is the imaginary shortest line between the inside two turning poles.
 - 6.1.5.2 The gate line in single gate SL is the imaginary shortest line between the inside turning poles. In a single pole slalom set the gate line is the imaginary shortest line between the two turning poles.
 - 6.1.5.3 In the event that a competitor removes a pole from its vertical position before both of the competitors ski tips and both feet have passed the gate line, the ski tips and feet must still pass the original gate line (marking in the snow).
 - 6.1.5.4 If a racer misses a gate, he may climb back to the gate, either around the outside of the gate and then through the gate or climb up between the gate poles, crossing the "gate line", turning and then skiing through the gate. Both competitors' feet must pass across the gate line heading down the hill.
 - 6.1.5.4.1 In a single gate set, if the racer has not correctly passed the imaginary line from inside turning pole to inside turning pole and does not follow the natural race line, then he has climb back up and pass around the missed gate.
 - 6.1.5.4.1 In a single pole set often used in Slalom races, if the racer has not correctly passed the imaginary line from turning pole to turning pole and does not follow the natural race line, then he has to climb back up and pass around the missed turning pole.
 - 6.1.5.5 Failure of correct passage of any gate shall result in a disqualification recorded by that gatekeeper or official.
- 6.1.6 Failure of correct passage of any gate shall result in a disqualification recorded by that gatekeeper or official.

- 6.1.7 It is not allowed to change competition equipment during the race, with the exception of broken pole(s).

6.6 Jumps

- 6.4.2 Racers must clear their respective gender distance lines or be assessed a three second penalty in Giant Slalom, Sprint Classic and Classic events.
- 6.4.3 The minimum limit for jump distances should be set, by the TD with the Jury, so that 20-40% of the competitors reach it.
- 6.4.4 Jump distances shall be judged anywhere between the two boots.
- 6.4.5 All jumps must be landed in a Telemark position. Landing with parallel feet is allowed if the racer, directly at impact, executes an uninterrupted movement into the Telemark position. Otherwise, a one second penalty will be added to the total time of the competitor.
- 6.4.6 If the racer falls while landing, they will be assessed a one second penalty for not landing in a Telemark position.
- 6.4.7 A racer falling in the jump will also be assessed any penalties for failure to make the distance lines, unless they clear the lines with their front boot.

6.5 Noose, 360° Turn or Reipelykkje

- 6.5.1 Noose areas are “free”, and do not require a Telemark style turn. Judges watch to make sure that the racer obeys the Telemark Turn Rule until they have crossed the marked line preceding the noose. From the marked line entry into the Noose, and around the Noose, and until they cross a marked line before the next turning gate, the racer may ski in any style.

6.6 Super-Tele

- 6.6.1 In Telemark Classic events, there may be sections of the course that are designated as Super-Tele, which means that the racers are only required to hold a Telemark Turn position while they are turning and are free to ski in any technique in-between the turns. Once again, please note that the racer may turn anywhere they want relative to the gate. So, in Super-Tele sections, the competitor may turn above, at, or below the gate in a Telemark Turn, and may ski in any technique when in-between turns, so long as they go through all of the gates and make all turns in Telemark form.

6.7 Nordic

- 6.7.1 The cross-country sections of classic events are “free”. There is no ski style requirement. The racer must only stay in bounds and complete the cross-country section entirely.

5.2 Start

- 5.2.5.4 Delayed starts:** A competitor who is not ready to start on time shall be disqualified. The start referee may, however, excuse a delay caused by legitimate reasons. Other reasons shall not be accepted. In case of doubt, the start referee may allow a start provisionally.

5.3 Finish

5.3.2 For a valid finish, the racer must

- 5.3.2.1 Cross the finish line on both skis.
- 5.3.2.2 With one or both feet without skis if the loss of skis was caused by a fall at or after the last gate immediately before the finish and the racer fell through the finish during the fall.
- 5.3.2.3 If a racer loses a ski during the race, the racer will be disqualified and must exit the course
- 5.3.2.4 The finish line may only be crossed once. Once crossed, the racer is through with the run.