



WHISTLER CUP 2010

RULES & REGULATIONS

Art 1 - The **WHISTLER CUP** is a F.I.S. international kombi, slalom, giant slalom and Super G competition for Children K1 and K2 categories belonging to a National Federation. There are two runs for the slalom and K2 Giant Slalom and one run for the K1 Giant Slalom, K1 Kombi and the K2 Super G. The Whistler Cup is organized by the Whistler Mountain Ski Club in close co-operation with Whistler-Blackcomb, Alpine Canada Alpin, and British Columbia Alpine Ski Association.

Art 2 - The male and female categories for 2010 are:

- K1 - children born in the years 1997/98
- K2 - children born in the years 1995/96

Art 3 - The courses will be set according to the provisions of the regulations in force as follows:

SLALOM:

K1

- Two runs
- Maximum vertical 120 m.
- Direction changes – 30-35% of vertical drop \pm 3 direction changes
- Maximum 2 hairpin combinations and maximum 1 vertical combination consisting of maximum 3 gates.

K2

- Two runs
- Maximum vertical 160 m.
- Direction changes – 30-35% of vertical drop \pm 3 direction changes
- Maximum 3 hairpin combinations and maximum 2 vertical combinations consisting of 3 – maximum 4 gates.
- It must also contain a minimum of one and a maximum of three delayed turns

The course should have no special technical difficulties.
Flex poles must be light poles (25 – 28.9 mm)

Limitation in the second run – The jury has the right to limit the number of competitors in the second run to half. This will be confirmed at the coaches meeting.

GIANT SLALOM:

K1

- 1 run
- Maximum vertical drop 250 m.
- Number of direction changes: 13-15% of Vertical Drop

K2

- 2 runs
- maximum vertical drop 250m
- Number of direction changes: 13-15% of Vertical Drop

Second run may be limited to 60 participants.

SUPER - G:

K1

- **No Super G**

K2

- One run
- Minimum vertical 250 m
- Maximum vertical 400 m
- Direction changes = minimum 8% maximum 10% of the vertical drop

K1 SL/GS Kombi

- One run timed event including slalom and GS gates and stubbies.
- All alpine rules and regulations will apply (SL part = slalom rules, GS part = GS rules). Slalom skis recommended
- The course should test the skier's ability to react and adapt to an ever changing rhythm and radius, but allow the competitors smooth transition between the various sections of gates.
- Vertical drop between 140-200 m

Art 4 - Official representatives chosen by each federation may participate in the Whistler Cup. Each team may participate with a maximum of 10 athletes (six in the Children II Category and four in the Children I Category and no more than 4 of the same gender within each category). Canada and the U.S.A. may enter with a larger number of competitors, nevertheless for the classification for each country (see art. 5), they must give a maximum of 10 names on the entry form (no more than six in the Children II category and four in the Children I category), listing the athletes who will represent them for the purpose of the team classification. All the participants must be members of their own federation. They must be insured and hold a written consent signed by their parents. Their federations must consent to their participation and guarantee that the regulations above will be observed.

Art 5 - A classification for each country is made by adding the individual points scored by the athletes, both boys and girls finishing in the first 15 of all races including the Kombi. Points will be scored as follows:

1st place	25 points	9th place	7 points
2nd place	20 points	10th place	6 points
3rd place	15 points	11th place	5 points
4th place	12 points	12th place	4 points
5th place	11 points	13th place	3 points
6th place	10 points	14th place	2 points
7th place	9 points	15th place	1 points
8th place	8 points		

In case of a tie, the country whose athletes obtained the most victories is declared the winner.

Art 6 - There are individual awards for the slalom, giant slalom, kombi and Super G boys and girls in both age groups.

GOLD MEDAL	To the 1st in each category
SILVER MEDAL	To the 2nd in each category
BRONZE MEDAL	To the 3rd in each category

A CUP is presented to the country finishing first in each age group.

Art 7 - The **Whistler Cup** is presented to the country that is first in the combined age group.

Art 8 - The Organizing Committee is supported by F.I.S. and Alpine Canada.

Art 9 - Any complaints must be presented as set out in art. 640-647 (I.C.R) (2004). They must be written and addressed to the President of the Jury.

Art 10 – The races are covered by Liability insurance only.

Art 11 - According to F.I.S. regulations the official delegations will be housed free of charge based on the following ratio:

From 1 to 5 athletes	=	2 coaches
from 6 to 9 athletes	=	3 coaches
full team (10 athletes)	=	4 coaches

Hospitality for the official delegation includes:

- Accommodation from the afternoon of Wednesday April 7th through to Monday April 12th (morning), in a hotel with bedrooms having not more than 4 beds. The Organizing Committee reserves the right to lodge the racers and coaches in private homes or condominiums of local racer's families, so having your own van would be an asset.
- All meals from dinner on Wednesday April 7th to dinner on Sunday April 11th.
- Ski pass for free use of all ski lifts from Wednesday April 7th to Sunday April 11th, 2010.
- Bus transportation can be arranged from Vancouver airport April 6 or 7, returning April 12 for a cost of approx \$50 each way per person. Please phone or email us for more information as we may be able to combine teams and charter a bus at a decreased cost.

Over quota coaches and parents must make their own accommodation arrangements. Please check the link to hot deals at www.whistler.com/hotels/

Our website www.whistlercup.com also lists our accommodation sponsors.

Art 12 - F.I.S. regulations are observed for anything not mentioned here.

Art 13 In all events all competitors and forerunners are obliged to wear crash helmets that conform to the competition equipment specification. Helmets used in FIS Snowsports shall be specifically designed and manufactured for the respective discipline and shall bear a CE mark and conform to recognized and appropriate standards such as CEE 1077 or US 2040, ASTM F2040, SNELL S98 or RS98, etc.

Art 14 A computer draw will be used

Art 15 - FIS entry forms (ICR Art. 217), the athlete's declaration form (ICR Art. 208.2), the Information Sheet and athlete bio must be filled out and addressed to:

Whistler Cup 2010

c/o Lynne Hume

2028 Rob Boyd Way Whistler, BC VON-1B2

Phone: 604-932-4644 Fax: 604-932-1180

Cell 604-905-8088

Email: whistlercup@wmisc.info

- **The FIS entry must arrive not later than 5 pm on the 15th day of March 2010.**
- **Any entries after that date will NOT be considered. Entries should be sent only by the federation concerned.**
- **It is essential that the athletes are listed on the entry form in the order you wish them to be entered in the draw for each event, with separate entries for men and women.**
- **No changes will be accepted during the coaches meeting. It is also essential that the names of the competitors are written clearly (typed or in capitals), indicating first the surname and then the given name, year of birth and gender.**
- **Please include date and time of arrival as well as contact names and numbers (phone, fax and e-mail) for your team captain on the information sheet.**
- **Photos of athletes/teams taken during the event may be used by media and/or for Whistler Cup promotions**

**Whistler Cup 2010
Information Sheet – National Teams**

Nation: _____
Contact / Team Captain: _____
Phone Number: _____
Fax: _____
Email: _____

<u>Arrival:</u>	
Date: _____	Airline & Flight Number: _____
Time: _____	
<u>Departure:</u>	
Date: _____	Airline & Flight Number: _____
Time: _____	
If you would like to take a bus from the airport to Whistler on April 6 or 7 returning April 12, we can help make reservations and collect payment at the accreditation office (approx \$50 per person each way).	

will arrange own transportation: yes___no___
Race Organizing Committee will arrange transportation: yes___no___

Team Members:		
Number of Athletes: K1 Ladies: _____		K1 Men: _____
	K2 Ladies: _____	K2 Men: _____
Each team may participate with a maximum of 10 athletes (6 in K2 and 4 in K1 and no more than 4 of the same gender in each category).		
Number of Coaches: _____ (Coach athlete ratio according to FIS rules)		
<u>Athletes</u>		<u>Coaches</u>
1-5 athletes	=	2 coaches
6-9 athletes	=	3 coaches
10 athletes	=	4 coaches

Please return this form with official entry forms and FIS declarations to:
Lynne Hume, Administrator, Whistler Cup 2010
2028 Rob Boyd Way, Whistler, BC V0N-1B2 CANADA
Phone: 604-932-4644 Fax: 604-932-1180 Cell 604-905-8088
Email: whistlercup@wmsc.info
Web Site: www.whistlercup.com



MEDIA PROFILE FORM 2010

NAME	
COUNTRY	
AGE	
HOME TOWN	
HOME SKI CLUB	
YEARS OF SKIING	

FAVORITE SKI DISCIPLINE	
CAREER HIGHLIGHTS	
BEST RACING MEMORY	
WORST RACING MEMORY	
FUNNIEST RACE MEMORY	
BEST COACHING TIP EVER	
RITUALS ON RACE DAY/MANTRA	

WHO WOULD YOU LIKE TO THANK	
OTHER INFO YOU'D LIKE TO ADD	