



## **INVITATION**

### **to the "Ski and Snowboard Instructors National Championships "- 2018 and ISIA-test in alpine skiing**

#### **1. Date and place of the Championship**

From the 14<sup>th</sup> to the 18<sup>th</sup> of March 2018 in the ski resort "Rosa Khutor" (Russia, Krasnodar region, Sochi, Adler district, Esto-Sadok, str. Olympiskaya 35) the " **Ski and Snowboard Instructors National Championships "- 2018** and **ISIA-test** in alpine skiing (in the frame of the Championship) will be held.

#### **2.Aims and Objectives**

2.1. The Championship is held in order to introduce the profession of "a ski and snowboard instructor", to strengthen the relationship between the services of instructors of the ski centers in Russia and to build up and exchange experience between the services of instructors of the ski centers in Russia;

2.2. The objectives of the competition are: to find candidates and the immediate pool in order to form the national team to participate in the World Championship among instructors according to version ISIA.

#### **3. Management and organizers of the competitions**

3.1. Competitions are held in accordance with the Rules of the International Federation of Ski sports (FIS), the Rules of the type "Alpine Skiing", approved by the Ministry of Sports of Russia from "13" July 2015 number 730, Rules of the type "Snowboard", approved by the Ministry of Sports of Russia from "23" January 2015, number 75 and the Rules of the competition among instructors according to the International Ski Instructors Association (ISIA).

3.2. "National Russian League of Instructors' (hereinafter NRLI) carries out the general management of the competitions, the control of the formation of the judging panel and its work. It also provides information services to competition together with the organizers of the competition.

3.3. The organizers of the competition - LLC "Rosa Khutor" are responsible for providing everything necessary for competitions and Ski and snowboard inventory.

#### **4. The program of the Championship**

##### **March 12, 2018**

The day of arrival.

15:00 - 17:00 - Mandate Commission;

17:00 - 18:00 - A joint meeting of the panel of judges and representatives of ski centers and teams, the draw procedure (skiing), getting assigned numbers.

Location: Krasnodar, Adler, Esto-Sadok, Ski Complex "Rose Farm";

### **March 13, 2018**

#### Alpine skiing (giant slalom) and ISIA-test:

09:40 - 11:45 - 1st run.

The starting order: 1) women at the age of 36 and older, then women up to 35 years old (inclusive);  
2) men at the age of 36 and older; then men up to 35 years old (inclusive).

12:30 - 15:00 - 2nd run.

The starting order: 1) women at the age of 36 and older, then women up to 35 years old (inclusive);  
2) men at the age of 36 and older; then men up to 35 years old (inclusive).

15.00 -17.00 – the official training of "Demo-Teams".

18:00 - 19:00 - summing up the results, the panel of judges, the draw procedure (snowboard), getting assigned numbers.

### **March 14, 2018**

#### Snowboard (Giant-Slalom):

09:30 - 12:00 - 1st run.

The starting order: 1) women at the age of 36 and older, then women up to 35 years old (inclusive);  
2) men at the age of 36 and older; then men up to 35 years old (inclusive).

12:00 - 14:00 - 2nd run.

The order of the start: 1) women at the age of 36 and older, then women up to 35 years old (inclusive);  
2) men at the age of 36 and older; then men up to 35 years old (inclusive).

Demo-competitions:

15:00 - 17:00 – competitions of the "Demo-Teams", trial runs (compulsory and free program);

18:00 - 19:00 - summing up the results, the panel of judges, the draw procedure for the teams participating in the team relay, determining the order of the start of "Demo Teams".

19:30 – 20:30 - Telemark

### **March 15, 2018**

#### Team relay:

10:30 - 12:00 - Team Relay (qualifying runs);

12:00 - 13:00 - Team Relay (Final runs).

#### Demo competitions:

14:00 - 15:30 - Demo Competitions (Final runs);

16:00 - summing up the results;

19:00 - award ceremony. A celebration dinner.

### **March 16, 2016**

A free day.

The day of departure.

## **5. Requirements for the competitors**

5.1. Russian instructors of ski and snowboard sports who passed the programs of training of instructors NRLI (a member of the ISIA), with a valid NRLI instructor's certificate (those who paid an annual fee) as well as the teams of instructor Services of ski centers who paid the entry fee are allowed to participate in the competitions.

5.2. Instructors trained in other training centers of Russia who have a valid instructor's certificate are allowed to participate in the competitions as team members represented by the ski center. The admission of the instructors trained in schools or centers of foreign countries and have a certificate is carried out by the Competition Jury who consider applications from Ski Centers on the basis of the submitted documents.

5.3. Instructors, teams of training schools (centers, clubs) of foreign countries (members of the ISIA, candidates for membership in ISIA) are allowed to participate in the competitions if all the requirements of this Regulation are met.

5.4. Each participant will be allowed to compete only if they have a valid medical policy, insurance against accidents (sports insurance) and a protective helmet. Protection of the back, arms and lower legs is recommended.

5.5. The entry fee for participants of the Championship is 1 000 rubles per person (for all the days of competitions and all disciplines).

## **6. Participants of team classification**

6.1. General rules of the formation of a team:

6.1.1. The number of participants claimed by a center for the participation of the team according to the application form (Appendix number 1) at least six (6) and not more than ten (10) instructors who are involved in the disciplines of team competition, without changing the entry list of the participants. The following requirements must be met:

- a) at least two athletes of each discipline (skier or snowboarder);
- b) at least two athletes of the opposite sex (men or women);
- c) at least two athletes from either age groups (up to 35 years old or 36 years old and older);

6.1.2. Each center (school, center) can introduce a maximum of two teams to participate in the Championship. Expansion of quota of participating teams from one center (school center) is examined by the Competition Jury in advance, after receiving an official application (submission);

6.1.3. The team that hasn't met at least one of the requirements stated in paragraph 6.1.1. shall not be regarded as a team, participating in the team classification of the Championship. However, the competitors have a possibility to participate in the category of "individual classification".

## **7. Admission of participants and the evaluation of the results of the Championship**

7.1. Competitions in the discipline of giant-slalom.

7.1.1. Participants who made an individual application on time, as well as sportsmen from teams represented by ski centers and completed paragraph 5 of this Document are allowed to the start in the discipline of giant-slalom (skiing and snowboarding).

7.1.2. The starting order in the first run is decided by a draw procedure of the participants. In the age groups from 15 people and above the draw is conducted in groups. 2 people from each ski center are included in the first group in each age group. The participants who finished the run and those who were not disqualified on the 1st slope are allowed to participate in the second run. Competitions in the discipline of giant slalom in mountain skiing and snowboard sports are carried out according to the FIS Rules of this kind of sport.

7.1.3. Each team member can take part in competitions both in mountain skiing and snowboarding in the discipline of giant slalom. In this case the best points which a participant got either in mountain skiing or snowboarding are allocated.

7.1.4. In the discipline of giant slalom (skiing and snowboarding) the competitors participating individually as well as a part of a team receive points according to the taken places (for men and women in each age group), according to the table presented below:

place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
points	25	20	17	14	12	10	9	8	7	6	5	4	3	2	1

7.2. Team relay.

7.2.1. A team list of the participants of the relay is limited to five sportsmen. The team consists of 3 skiers and 2 snowboarders. Competitions "Team relay" are held only among the teams of ski centers and are formed only from members of the team from the ski centers that applied for the participation in the Championship. Competitions are held on two parallel skiing runs. A team has to have one sportsman of the opposite sex and age.

Organizing of the starting grid for the finals of the competition is made on the basis of the results that a team took after passing the classification run.

7.2.2. The order of classification, selection and placement of teams in the starting grid:

- a) the classification track corresponds to the tracks of the final part of the competition by nature and complexity;
- b) classification track must be passed by all members of the relay team;

7.2.3. Total time, shown by the participants of the relay team, position its place in the overall ranking announced in the team relay. If a team member does not finish, they are given the time of the last participant (of all teams).

7.2.4. Making of the starting grid of "Parallel Slalom" format of the team relay meets the requirements stated in paragraph 1230.2.1 of FIS Rules.

7.2.5. The starting order of team members: first, two (2) skiers (no sticks) start one after another, then two (2) snowboarders, and a skier (without sticks) finishes the race. Each team member gets the right to start only after they are given permission by a "starter." The starting order and the choice of a track are decided by the results of the qualification.

Besides, an alternate member may be included in the team list.

The reward points of the team championship for the discipline "Command relay race" are as follows:

place	1	2	3	4	5	6	7	8
points	80	65	50	35	30	25	20	15

### 7.3. "Demo competitions."

The members of the Demo Team - 6 team members of a ski center participating in mountain skiing. Each member of the judging panel gives points from 5 to 10 using tenth (for example: 8.7 - 8.8 - 8.9), the average score is taken for the standing.

#### Trial runs

Run number 1: Each team makes one descent showing a compulsory program. The starting order of teams is decided by the results of the draw. Preliminary results are announced at the place where the competition is held. Final results of run number 1 are announced during the first hour after the competition finishes.

The compulsory program for Demo-teams in ski sports is stated in Appendix № 2. Depending on the length of the ski slope for Demo competitions the number of turns can be changed.

Run number 2: the team must demonstrate a free program within 1 descent. The free program must be declared on the panel of judges (schematically). Teams can carry out their free program to music.

A free program should include two transitions from one type of turns into another, one of the turns must be "technical" performed synchronous: "Charleston", "Klammer", "Swedish", "dolphin" and so on. The program must be performed at a speed keeping the rhythm and dynamics of movements.

#### Final run

Five (5) best teams that received the most amounts of points in compulsory and free programs in the preliminary runs are allowed for the final part of the competition (the runs) to assign a winner. The teams that have reached the final demonstrate compulsory (one run) and free program (one run). They can also demonstrate a new program (represented schematically in advance), or the same free program.

The points that a team gets for compulsory and free program in the final runs are summed to assign winners of the Demo Competition. The teams not qualified for the final, get other places after the fifth and further on the results of preliminary runs. The final result is announced within 1 hour after the competitions finish.

The reward points of the team championship for the discipline "Demo-competitions" are as follows:

place	1	2	3	4	5	6	7	8	9	10
points	80	65	50	35	30	25	20	15	10	5

## **8. The assignment of the winners in the individual competition, and the winning team in the team competition among ski centers**

8.1. A personal place in each kind of the program of the competitions is decided in accordance with the Rules of the FIS of the final time of passing of the two runs shown by each participant: a participant, who achieved the least time takes the first place, the next - the second, and so on. Two or more participants, who achieved the same time are placed equal, and the following place(s) will not be awarded.

8.2. The sum of points from the team competition consists of points of all team members in the disciplines:

- Giant slalom in mountain skiing and snowboarding among men and women in two age groups;
- Demo-ski competitions among ski teams of 6 people;
- Team relay.

The teams that showed the three best results on the amount of points are announced to be the winner and prize-winners of the Championship with the award of prizes and diplomas.

## **9. Award**

9.1. Winners and prize-winners are awarded in:

- giant slalom in mountain skiing and snowboarding among men and women in two age groups;
- demo competitions among teams of skiers;
- team relay;
- team standings.

9.2. The winners are awarded with diplomas, medals and prizes. They can also be awarded with prizes from the event sponsors.

## **10. Dispute Resolution**

10.1. Issues related to the application and examinations of protests are regulated by Articles 640 to 647 of the existing Rules of FIS.

10.3. When a protest, a bail in rubles must be made, equivalent to 100 Swiss francs on the exchange rate assigned on the date of the protest. This amount is refundable if the protest is satisfied, if it is rejected the money is spent on the increase of the prize fund.

10.5. Competition Jury is responsible for the examination of the protests.

## **11. Terms of financing**

The costs of the sending of participants (travel, food, accommodation, insurance, entry fee, the ski-pass rental) are provided by the organizations or a participant personally.

The participants of the Championship, the representatives of the teams participating in the Championship can use the Ski-pass having paid the special tariff in the amount of 1500 (one thousand five hundred) rubles 00 kopecks per participant, for one (1) day of the competition.

## **12. Applications for participation**

This Regulation is an invitation to the competition.

Not later than 10 days before the competition, the team must apply for the participation in the Championship according to the form (Appendix № 1). Applications must be sent via e-mail [info@isiarussia.ru](mailto:info@isiarussia.ru).

Applications for participation in the individual championship (Appendix № 3) must be submitted before the Credentials Committee starts working.

## **13. Information on accommodation**

Accommodation in hotels must be booked in advance.

Recommended Hotels: «Rider's lodge», phone: +7 (862) 241-92-45, «Rosa Ski Inn», phone number: +7 (862) 241-9-241.

Other details about the Championships are available by phone. (495) 989-70-51, fax (495) 989-70-52.

Website: [www.isiarussia.ru](http://www.isiarussia.ru)

You can find more information on the Championship in the [Regulations](#), which is available on the official website [www.isiarussia.ru](http://www.isiarussia.ru), in the section Competitions.

**APPLICATION FOR PARTICIPATION**  
**IN OPEN CHAMPIONSHIP OF INSTRUCTORS AND INSTRUCTOR TEAMS IN MOUNTAIN**  
**SKIING AND SNOWBOARDING**

**TEAM CLASSIFICATION**

**SKI CENTER** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**TELEPHONE, FAX** \_\_\_\_\_

**E-MAIL** \_\_\_\_\_

**TEAM REPRESENTATIVE (FULL NAME)** \_\_\_\_\_

*Participation in giant-slalom*

№	FULL NAME OF THE PARTICIPANT	Date of birth	Specialization (skiing, snowboard)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

*Participation in demo-competitions in mountain skiing*

№	FULL NAME OF THE PARTICIPANT
1	
2	
3	
4	
5	
6	

*Participation in team relay*

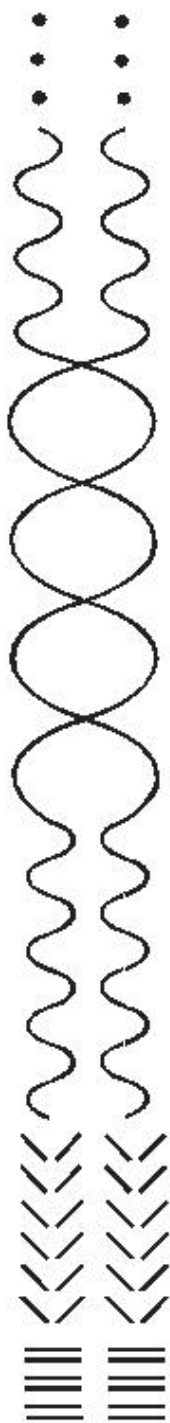
№	FULL NAME OF THE PARTICIPANT	Specialization (skiing, snowboard)
1		
2		
3		
4		
5		

**Team representative** \_\_\_\_\_ / \_\_\_\_\_ /

**The date** \_\_\_\_\_

Stamp / Seal

**The compulsory program  
of Demo-competitions in ski sports**



**Position of a team at the start**

**6 short synchronous carving turns**

**4 long carving turns**

**8 short synchronous carving turns**

**6 “Charleston” turns**

**Simultaneous stop with a jump**

**APPLICATION FOR PARTICIPATION**  
**IN OPEN CHAMPIONSHIP OF INSTRUCTORS AND INSTRUCTOR TEAMS IN MOUNTAIN**  
**SKIING AND SNOWBOARDING**

**INDIVIDUAL CLASSIFICATION**

**FULL NAME** \_\_\_\_\_

**DATE OF BIRTH** \_\_\_\_\_

**KIND OF SPORT** \_\_\_\_\_

**DICIPLINE** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**TELEPHONE** \_\_\_\_\_

**E-MAIL** \_\_\_\_\_

**Date** \_\_\_\_\_

**Signature** \_\_\_\_\_