

# Three Rivers League – Skier Tips and Instructions

## 1. Bibs

Bibs should be considered part of your ski equipment and treated as such. You should remember to bring them to all races, and after the race, store them with your ski gear so you will have it for the next race. If you lose your bib it will cost you \$30 for a replacement. If you forget your bib you will need a loaner and must provide a \$20 deposit to receive the bib. No exceptions! If either of these two cases should happen and before you head to the ski lift, please see the check-in table for a replacement. If you are racing with a replacement bib for the day you should inform the starter before entering the starting gate.

## 2. Bibs (& Course Inspection)

Per OISRA rules, a racer may be disqualified... “If racer does not wear the official start number (bib) visible, while skiing from the time of distribution to the time of collection, except for the start area.” (During extreme weather conditions the Jury may grant a waiver for that race only.)

## 3. Helmets

Please read OISRA Race Rules, Section II, A. f.; make sure your helmet meets FIS RH 2013 and that the sticker is on your helmet. Nothing should be attached to your helmet including video cameras as well as add-on decorations.

## 4. Course Inspection & Shadowing

Running the course (not slipping) or “shadowing” the course during inspection will result in a DQ.

## 5. Course Inspection & Finish Line

Never cross the finish line after course inspection unless instructed to do so by a league official. When you reach the bottom, ski off to the edge of the finish line.

## 6. Loss of Ski(s)

A racer receives an automatic disqualification for the loss of **any** ski except after the last two turning gates. If you lose a ski you should immediately leave the course. Do not finish the run and under no circumstance should you cross the finish line. Please review rules for loss of ski (or ski's) after last two turning gates.

## 7. Interference & Overtake

If a racer has interference (including an “overtake”) you should immediately ski off the course. Look for the nearest official and ask for a re-run. Do not cross the finish line if you plan to ask for a re-run. The last official on the course is the Finish Referee. If you can't find an official (not a gatekeeper) on the course, ski down the outside of the course and ask for the Finish Referee at the finish line area.

## 8. Missed Gate on GS

New rule for 2018 season. No uphill hiking on a Giant Slalom course. If you miss a gate and have to hike uphill you are immediately disqualified and must leave the course.

## 9. Lift Tickets

You will not be allowed on the ski lift without your lift ticket. Your bib does not permit you access to the ski lift. You must be wearing your lift ticket. Any harassment of the lift operator may get you kicked off the mountain!

## 10. Always Check the DQ List!

It is encouraged that all racers, in addition to their coaches and a designated parent check the DSQ/DNF list after the race is over. Mistakes can be, check it even if you are sure you had a clean run. We will make every attempt to post DSQ's and DNF's on LiveTiming web site. This is not the official posting but will give you an alert and you need to follow-up by checking the posted list after the completion of the race.

## 11. Recommended Reading

It is recommended that your read completely both the TRL SOP's and the OISRA Race rules documents.