

## NYSSRA J3 Parallel Slalom Recommendations

1) **Qualifying Run** - Each Athlete will be timed on each course. Each run will count as a scored run and used for selection for J3 states. The combined time total will count as a result for the selection into JIII states.

2) **Seeding** - The Men and Women's field will be divided in half randomly and the athletes will be split between the two courses, odd numbers on one skier's left and even numbers on skier's right.

The woman will race against women. Men will race against men. Women will always run first on both courses. After the first run the Men and Women's seeds will be reversed and switched to the opposite course for their second run.

3) **Knock Out Competition** - After the second run there will be a short intermission, while results are tabulated. The top 16 times overall for both genders will be posted, these men and women will be asked to report to the start for the Knock Out round. The winner of the Knock Out round will win the overall trophy and the top 4 places will receive awards.

The Race Jury will have the ability to adjust the size of the Knock Out group, however it should follow the same protocol as changing the flip 30 (has to be announced an hour before race) Team Captains Meeting.

4) **Seeding**: - The Knock Out round will follow the ICR guideline for Knock Out Parallel Slalom.

5) **Tweaking**: - The referee will have the option to adjust either course before the Knock Out round.

6) **T&C** - Qualifying runs will be timed on each course. KO round will be timed the same. The KO round could be done as more time difference if starting gates is used.

7) **Course** - same rules as dictated in IRC. We want the courses to be around 25 seconds.

8) **Jumps** - Not mandated however highly recommended, could be determined by weather. Jumps must not exceed 1 meter.

9) **Distances** - The J3 Development Committee has recommended that turning pole to turn pole distance be 12-15 meters. USSA has sent out a directive that distances should be 15-20 meters for this event. Because of this, the jury must meet prior to the event and choose whether to agree with the J3 Development team.

10) **Starting gates** - not mandatory.

11) **Penalty Time** - Occurs during the Knock Out competition, if an athlete DSQ's or DNF's. The penalty time will be 1.5 seconds. In all cases the maximum time difference for the first run of each pairing can never be higher than the penalty time. If both competitors are tied after the second run the competitor who wins the second run advances to the next round. If both competitors are disqualified in the second run the competitor who skied the furthest distance before disqualification advances. If both competitors are disqualified at the same gate in the second run, the competitor who won the first run will advance.

- *These rules are subject to change without notice*