

REGULATIONS FOR CROSS-COUNTRY SKI EVENTS
INVOLVING COMPETITORS WITH IMPAIRED VISION.

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Regulations for Cross-Country Ski Events Involving Competitors
With Impaired Vision

The following Rules apply to cross-country ski competitions involving competitors with impaired vision in two categories:
a) totally blind competitors
b) competitors with vision up to and including 1/10.

Individual Rules

I.

1. Ski tracks are to be prepared in such a manner as to ensure that a blind person is able to follow the track with ease. The track consists of two individual ski tracks over the whole distance of the course.
2. Blind competitors and competitors with poor vision whose vision is further impaired by adverse weather may avail themselves of an accompanying person. The jury will decide whether an accompanying person is required.
3. Both tracks are competition tracks. Each participant must use the right-hand track as a rule. If one competitor is overtaken by another the first competitor is not obliged to leave his track, in order to overtake the competitor wishing to overtake must change to the left track.
4. Each competitor must be informed individually of his starting time. If a competitor arrives late for the start of his or her event the time taken for the race will be calculated taking the scheduled starting time as the starting time.
5. The starting order of the competitors will be determined by numbers drawn by lot for each class. The starting order in the individual classes will be determined in such a manner as to ensure as little overtaking as possible.
6. In relay races the starting-line should be 20 metres behind the finishing-line. Change-over takes place when one competitor reaches the finishing-line thus enabling the next competitor in his or her team to start from the starting-line.

Letter request

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7. The race distances are in the range 10 to 30 kilometres for men and 5 to 10 kilometres for women.
8. Competitions are held in the following classes:
 - Men with poor vision under 40 years of age
 - Men blind under 40 years of age
 - Men with poor vision over 40 years of age
 - Men blind over 40 years of age
 - Women with poor vision under 35 years of age
 - Women blind under 35 years of age
 - Women with poor vision over 35 years of age
 - Women blind over 35 years of ageCompetitors in the blind classes shall wear spectacles with opaque glasses.
9. In relay events women will as a rule compete in 3 x 5 kilometre races. Each team must include at least one blind competitor. Men's relay events are as a rule 3 x 10 kilometre races. Each team has a relay team consisting of blind competitors and a relay team consisting of competitors with poor vision. A blind competitor may take the place of a competitor with poor vision but not vice versa.

II.

Preliminary Measures

1. The Track
 - a) The track consists of two individual tracks. Both tracks must be in such a state as to enable a blind person to follow them with ease. The distance between the tracks should lie in the range 0.90 to 1.50 metres.
 - b) The track should preferably consist of a 5 kilometre circular course. Differences in altitude should be about 50 metres. The track should be prepared in such a manner as to ensure that a blind person may progress comfortably without losing his stride. The course should vary, however up-hill or down-hill sections immediately after the starting-line or before the finishing-line should be avoided. Curves in the starting section are not allowed. The track must be well-marked enabling the competitors at all times to determine whether they are in the right or left track.
2. Service Facilities
 - a) Competitors should have the opportunity to perform a trial run over the whole course before their race to enable them

to acquaint themselves with the lay-out of the track.

b) A refreshment station should be installed and be available to competitors in races longer than 5 kilometres.

c) The number of ~~and~~ officials inspecting the track should be large enough and attendants situated on the course conveniently enough to ensure that a competitor can be immediately given such assistance as may be needed.

3. Competition preparations

a) The participants are to be divided into groups comprising competitors likely to achieve approximately equal timings over the course.

b) Competitors draw lots for the numbers indicating the individual starting order in their group.

c) Blind competitors and competitors with poor vision should receive different coloured numbers.

c) The Organizer is required to provide the necessary accompanying persons; a competitor may use his own accompanying persons.

III.

Competitions

1. Start of a Race

a) Participants should be called 10 minutes before the start of their race. They must be informed in ample time to take up their positions on the track.

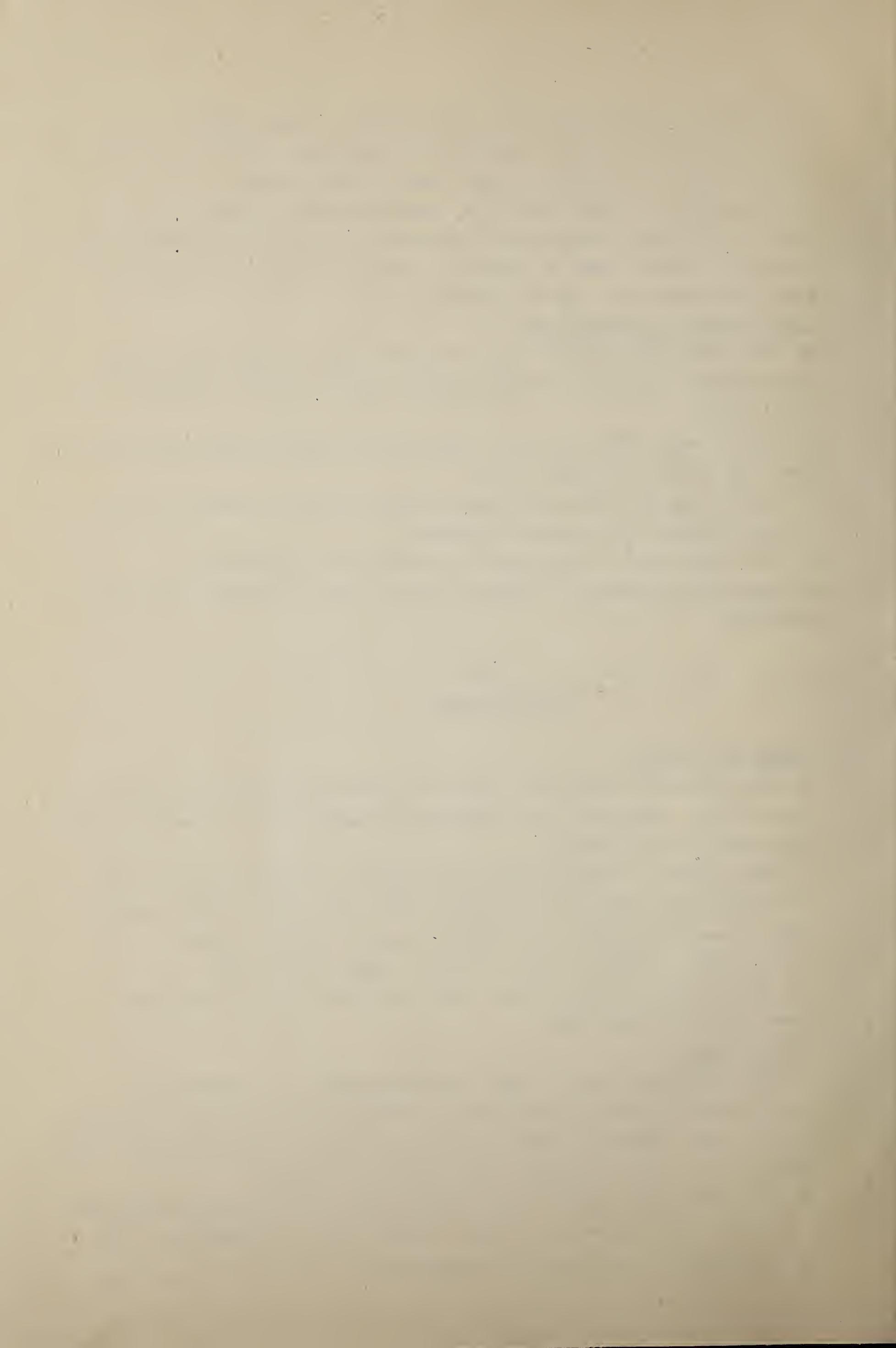
b) Two pairs of competitors are allowed to start with a time difference of one minute between the pairs. The start should state the following: one minute to go - thirty seconds - ten seconds - five - four - three - two - one - go!

c) If a participant arrives late his time will be reckoned from his starting time.

2. Relay Races

a) All starting skiers start simultaneously in individual tracks which join the competition track at an adequate distance. Special care must be taken to ensure that all participants cover exactly the same distance from start to finish.

b) The starting-line for the second and following participants should be positioned 20 metres behind the finishing-line. The starter gives the next participant his or her starting signal



at the same time as the previous participant reaches the finishing line

3. Race Procedure

- a) Both tracks are competition tracks. As a rule each participant must use the right-hand track. If he is overtaken he is not obliged to change tracks, instead the participant overtaking must change to the left track.
- b) A competitor may only replace equipment damaged in the course of a race. Only the damaged part of ~~his~~ equipment may be replaced (e.g. one ski, stick etc.).
- c) A competitor may wax his skis himself in the course of a race.
- d) All blind competitors as well as competitors with poor vision whose vision is further impaired by adverse weather conditions may avail themselves of an accompanying person.

IV. General Regulations

1. Late Applicants

Late applicants should be given the opportunity to start in a race. They are however to be given a starting number which imposes as little additional work on the organizers as possible.

2. Race Jury

The race jury should consist of five persons, one of which is a medical doctor. The race jury may cancel or postpone a race because of very bad weather conditions. The jury may disqualify individual competitors or teams if sufficient grounds are given. Protests against such decisions may be lodged with the jury up to one hour after the decision was made.

3. Prizes

Competitors in the first three places should be awarded medals. Special prizes may also be awarded in the form of gifts.

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