



Appendix 2

### **11. ISIA technique test**

In order to obtain the ISIA card, every snow sports instructor must pass the examination in the ISIA technique test. The test is designed to prove the candidate's technical abilities at the highest level. The test may be repeated any number of times. The races must be carried out in accordance with FIS rules.

The test consists of a standardised racing discipline, for which the reference times are supplied by standardised reference skiers.

The tests are carried out in different places (nations), and must be comparable.

The **ISIA** issues the licences for the tests to be carried out, and is responsible (control) for ensuring that they are executed in accordance with the specified guidelines.

The results will be announced on the day of the race.

#### **Equipment**

The participants can choose their equipment freely (skis, suit, etc.).

#### **Repeating the ISIA technique test**

The candidate may repeat this test as often as s/he likes.

#### **Safety and responsibility**

The organiser (licencee) is responsible for the safety of the race. The safety measures must comply with the local safety guidelines.

#### **Registration of the results**

Test results will be registered with the ISIA only for those who have secured the implementation rights from the ISIA beforehand.

#### **Requirements for a licence**

- Application to ISIA four months in advance
- Public announcement three months before the test with details regarding organiser, place, date, time, piste
- Announcement of the reference time skiers, minimum 2 people and 1 re-serve
- Suggestion for the jury
- Anticipated number of participants
- The registration fee must not exceed 30 euros for at least two starts
- There is no limit on the number of participants.

The technical commission may apply to the steering committee to amend the ISIA technique test and adapt it to changing requirements.



## Skiing competition description

### Form

The ISIA ski technique test consists of a giant slalom run carried out in compliance with the FIS rules. If the candidate does not meet the criteria during the run, he has the option of participating in a second run on the same day.

### Route

### Length

The giant slalom should have a base time of 50 sec (+/- 10%).

### Difference in altitude

The difference in altitude between the start and the finish should be between 250 and 400 meters.

### Reference skiers (50 FIS points)

Reference skiers are racing skiers (male) who have achieved 50 FIS points (+/- 10%) in the current or past winter season. At least 2 reference skiers will race at the beginning and at the end of the race. If a reference skier drops out of the race, he must repeat it. The reference skiers must race in racing dress. Free choice of equipment (skis, etc.).

### Calculation of the reference time

The reference time is the average of the four reference skier times (two starting times and two finishing times).

### Barème (qualifying time)

To pass the test, the male candidates may not lose more than 12.5%, female candidates 17.5% off the reference time.

### Sample calculation

Reference skier, start:	Skier A	51.45
	Skier B	50.87
Reference skier, finish:	Skier A	52.15
	Skier B	52.25
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	Total of all four times	206.72

### Reference time:

Qualifying time	Average of 206.72/4 =	51.68
Men	51.68 + 12.5%	58.14
Women	51.68 + 17.5%	60.72



### **Number of participants**

Maximum 80 participants per race (if there are more than 80 participants in one racing venue, additional, separate race courses must be arranged).

Rules regarding equipment, repeating tests, safety and responsibility as well as registration are found in the general terms and conditions of the ISIA technique test.

This set of rules was approved by the delegates' meeting in Jesolo on 22 May 2008, amended at the ISIA technique test pilot course in Davos between 23-25 November 2008 and takes effect immediately.

### **Proposal: Snowboard competition description**

#### **Form**

The snowboard test consists of a boardercross that must be carried out in accordance with FIS standards.

#### **Length**

The basic time of the boardercross must be 40 seconds (+/- 10%). It must contain at least the following elements: steep hill curves, rollers, jumps.

#### **Starting procedure**

The candidates will draw for their starting positions.

Only single runs will be raced. The better of two times will be used.

#### **Reference boarders**

The reference boarders must have a level of approx. 100 FIS points.

Reference boarders A and B will perform the boardercross at the beginning and end of the race. The reference time is calculated from the average of the best start and end times.

#### **Time limits**

A male will pass the test if he loses no more than 15% of the reference time.

A female will pass the test if she loses no more than 20% of the reference time.

#### **Time measuring**

The time will be measured by an electronic time measuring device.

#### **FIS rules**

The FIS rules, Rules for the Nokia Snowboard FIS World Cup, will apply for any items not listed here.



### List of literature

- FIS rules, Rules for the Nokia Snowboard FIS World Cup, 2008
- FIS rules, Rules of the FIS Points Snowboard, 2008

### Proposal: Nordic competition description

#### Form

Single start; 1st round classic, material change, 2nd round skating. The material change is part of the whole competition.

#### Distance

Total of 8 km, one round of 4 km classic technique, one round of 4 km free technique. A track will be created for the classic technique. The competition round for the free technique will be groomed.

#### Climb

The maximum difference in altitude between the highest and lowest points in a competition round should not exceed 65 m.

A single ascent should not cover more than 50 m difference in altitude, but it may be broken by a flat section of a maximum of 200 m, or a descent covering a difference in altitude of 10 m.

The whole difference in altitude per competition round should not be more than 90 m or less than 50 m.

#### Changing zone

The entrance to and exit from the changing zone is identified. Once the candidate has entered the changing zone, s/he is free to choose any technique. The changing zone contains changing areas for all candidates. These are at least 2.5 m long and 1.5 m wide. The material for the free technique must be deposited in the changing areas before the start. Skis must be changed; boots and sticks may be. The changes in materials must be effected in the changing areas with no assistance from third parties.

#### Starting procedure

Single start at 30-second intervals. The candidates will draw lots for their starting positions.

#### Reference skiers

The reference skier must ski at a level of approx. 150 FIS points. He must not have dropped below this score for longer than one year. The reference skier is male. He will ski before or after the candidates, depending on the conditions. The reference skier should, if at all possible, ski under the fastest conditions.

#### Time limits

The test is passed if a male loses no more than 25% on the reference skier's time. A female will pass the test if she loses no more than 35% on the reference skier's time.

#### Time measuring



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The time can be stopped by hand with precision to one-tenth of a second. Electronic timing is also permitted. Time measuring commences at the start and is not stopped until the candidate has crossed the finish line after the freestyle round.

#### **FIS rules**

The FIS rules, Book II, Cross Country, is to be consulted for any items not listed here.

#### **References**

- FIS, Book II, Cross Country, The International Ski Competition Rules, 2004