



# The 38<sup>th</sup> Annual 2018 50+ Winter Games

## February 11, 12 and 13, 2018

This document provides all of the information that participants need to know regarding the 50+ Winter Games, including some general information about the Games as well as the timing, descriptions and rules for each of the specific events in the Games. In the [Table of Contents](#) below you can click on an item to jump directly to the information on that item (assuming you're viewing this document electronically).

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## **1. GENERAL INFORMATION ABOUT THE 50+ WINTER GAMES**

### **Cost of the Games and Opening Dinner**

You can participate in all the games for the low registration fee of \$35.00 and you can also attend the dinner for an additional \$15.00. Note that it is not necessary that you participate in the Games to attend the dinner. Anyone is welcome to attend the dinner only for the fee of \$15.00.

### **Online Registration**

Online Registration will be available starting January 1, 2018.

### **Event Rules**

All Summit County 50+ Winter Games participants should read the rules for all events in which they plan to participate.

The following rules are binding on all athletes competing in the Summit County 50+ Winter Games. Rule changes published in this document may occur at any time until the Monday one week prior to the first competition.

Athletes are obliged to review all rules prior to the games. Each athlete shall agree to abide by these rules when making application to compete in the Summit County 50+ Winter Games. Any athlete determined to be in non-compliance with these rules will be disqualified from the event(s) where the non-compliance took place.

### **Age**

Each competitor shall have attained the age of fifty years on or before Monday, the first day of Winter Games Competition. Other than for competitors who attain the age of 50 between January 1 and the Monday on which the Winter Games commence, age will be determined as of December 31 of the immediate past year (see "Age Category" below).

### **Age Category**

Age categories shall be as follows: A: 50-54, B: 55-59, C: 60-64, D: 65-69, E: 70-74, F: 75-79, G: 80-84, H: 85-89, I: 90+.

For classification into Age Categories for competition, each person shall have attained the appropriate age for that Age Category prior to January 1 of the year of the competition. The

sole exception is Category A, where the competitor must have attained the age of fifty years on or before Monday, the first day of the Winter Games Competition.

### **Awards**

First, second, and third place awards will be made for each contest, for each Gender, and for each Age Category. These awards generally are gold, silver, and bronze medals. Summit County 50+ Winter Games reserves the right to select and/or change the awards.

Awards will be made at a 3:00 pm ceremony on Tuesday, February 13, at the Summit County Community and Senior Center. Light refreshments will be served at the Awards Ceremony.

### **Lift Tickets**

For contestants that may not have a lift ticket or season pass for the alpine events, Keystone provides competitor tickets for \$52 for the day.

There is no charge to participate in the Nordic events at the Frisco Nordic Center.

### **Equipment**

Participants must provide their own equipment, except as stated in specific competition event descriptions below. All competition equipment must meet applicable industry standards and safety requirements. Winter Games Officials reserve the right to disqualify competitors using substandard equipment.

### **Bib Numbers**

Bib Numbers will be used to record competition times and must be visible for competitor identification. Bibs may be worn across the chest or on a leg, but the number must be fully visible or times may be given to the wrong competitor.

### **Field Changes**

Winter Games Officials reserve the right to make changes to event courses, times, and other aspects of winter games events as weather and other matters require for the safe completion of competitive events. Every effort shall be made to maintain equal conditions over the course of an event.

## **Officials**

Officials, Winter Games Officials and Starters are volunteers appointed by the Summit County 50+ Winter Games Organizing Committee who manage, or assist with, starting, judging, timing, scoring or otherwise operating the competitive events of the Summit County 50+ Winter Games.

## **Protests**

If a competitor wishes to lodge a protest about any aspect of an event, the protester must fill out a formal Protest Report. No protest will be considered without a formal, signed Protest Report. Protest Report Forms will be available upon request from Winter Games Officials.

It is also very important for the protestor to have other competitors fill out formal signed Protest Reports. It is obvious that a single protest against a competitor will not be upheld if the competitor denies the infraction.

Protests will be resolved by a Protest Committee consisting of the Winter Games Chairman and others he or she appoints. Decisions of the Protest Committee must be rendered before the applicable awards ceremony. Decisions of the Protest Committee are final.

## **Scheduling and Promptness**

Winter Games organizers have taken great care to separate events so that contestants may compete in as many events as possible. But, Winter Games events are scheduled at public outdoor venues. Consequently, factors such as weather, other uses of the venue, etc., affect how long an event may be kept available for Winter Games contestants. Officials at individual start events will strive to keep each event open until all contestants have had an opportunity to compete in the event. However, Winter Games Officials reserve the right to shorten, reschedule, or cancel the open time of any event.

If an event must be closed before all contestants have competed, effort will be made to arrange for all contestants present at the closing to compete at a later time. Contestants not present at the closing of an event will not be allowed to compete later. Contestants are urged to appear promptly at an event starting line at the published start of the event. As stated above, closing times may vary. Published closing times are guides only and do not guarantee availability of the event.

## Starts

Events are either individual start or mass start. Mass start events commence at a starter's signal. For Individual start events, the clock starts either when the contestant passes a gate, or when the starter signals the start. Individual starts will be in order of competitors' arrival at the start gate.

The starter must assure that the event timer is prepared to time the event, so it is mandatory that the contestant obey the starter's signal. Early starts result in disqualification, except for "false starts" as described in the skating race rules.

## 2. SUNDAY, FEBRUARY 11 – The Opening Dinner and Silent Auction

The opening dinner and silent auction will be held on Sunday, February 11 at the Summit County Community & Senior Center in Frisco. Here are the details:

- **Social Time:** 4:00 PM – 5:30 PM
- **Silent Auction:** 4:00 PM – 6:00 PM, Don't miss the chance to bid on great prizes!
- **Opening Dinner:** 5:30 PM, Join us for a delicious pasta dinner to kick off the 2018 50+ Winter Games.

## 3. MONDAY, FEBRUARY 12 – The Skating and Alpine Events

**Skating Events** – Dercum Square Ice Rink

### 1-Lap Skating Race – 9:00 am

The race consists of one lap around a marked course. Time is the time from start to finish around the loop. Fastest time determines the winner.

### Lap Skating Race Rules

The start for this event is an individual start. One skater on the course at a time. Each skater is timed around the loop from start to finish. Awards are made for the shortest time by age category and gender. In case of a false (early) start, in the opinion of the Starter, the contestant will be allowed one following start. If the contestant's second start is also disqualified, the contestant is disqualified from the event.

#### **4-Lap Skating Race – 9:15 am**

The race consists of four laps around a marked course. Time is the time from start to finish of the fourth lap around the loop.

#### **Lap Skating Race Rules**

The start for this event is an individual start. One skater on the course at a time. Each skater is timed around the loop from start to finish. Awards are made for the shortest time by age category and gender. In case of a false (early) start, in the opinion of the Starter, the contestant will be allowed one following start. If the contestant's second start is also disqualified, the contestant is disqualified from the event.

#### **Singles and Doubles Figure Skating – 9:30 am**

The figure skating competition consists of a two minute (or less) period of skating which will be judged. The highest scores in each age category and gender win (see Rules below for scoring details).

#### **Singles and Doubles Figure Skating Rules**

Contestant(s) must bring their own music. A CD player will be provided at the site, but if Contestant's music is in some other medium, Contestant must provide his/her playback device. Contestant(s) will have two minutes from the start to demonstrate their prowess on the ice. Judges will rate the contestant(s) performance on a scale of 1 to 10, with 10 being the highest. Judges' decision will result in a single score from 1 to 10. Judges' rating is final.

#### **John Roberts Memorial Hockey Goal Shoot – 9:30 am to Noon**

Hockey sticks, pucks, and carpet for footing on the ice will be provided. Competitors will shoot into a broom ball goal (smaller than a hockey goal) from a distance of approximately 50 feet.

#### **Hockey Goal Shoot Rules**

One practice shot will be allowed if requested. Contestant is then given 10 attempts. One point is scored for each puck that hits within the goal for the first five attempts. The next five attempts count in the order they are shot if needed as tie

breakers. Awards (Gold, Silver, Bronze) for the Hockey Goal Shoot will be by Gender/Age Category.

## **Alpine Events – Keystone Resort**

### **Giant Slalom – 10:00 am to Noon**

This event will be held on Keystone’s Race course at the top of the Flying Dutchman ski run. The course is rated intermediate and is approximately 1500 feet long with a vertical drop of 400 feet. The better time of two runs, one on each of the two courses, will be used for the competitor’s time. Times will be determined by electronic timing devices. Winners in each gender/age category are determined by the individual time. Skiers or boarders may compete.

Participants must provide their own equipment and lift ticket. Bib Numbers will be used to record competition times and must be visible for skier identification. Individual start times will be in order of arrival at the start gate. Gold, silver, and bronze medals for all events will be awarded to winners in each Gender/Age Category. All contestants must sign a Keystone Competition Waiver. Non-pass holders may purchase a day pass for \$52.00.

Please register in advance for the Giant Slalom so we can set up correct names, bib numbers, and gender/age categories before the race starts for digital entry into the electronic timing system. Otherwise, the race will be delayed and everyone must wait in line while information is entered at the starting shack.

**NOTE:** there will be two FREE Alpine race clinics for registered participants:

1. At Breckenridge on February 6. The clinic will begin with a “chalk talk” lecture from 9:30 to 10:00 am at the Overlook Restaurant, lower level at top of Peak 9, followed by on-course instruction on the Breckenridge Epic Race Course from 10:00 to 11:00 am.
2. At Keystone on February 8. The clinic will begin with a “chalk talk” lecture from 8:30 to 9:00 am at the Summit House, followed by on-course instruction on the Keystone Epic Race Course from 9:00 to 10:00 am.

You must call the Senior Center at (970) 668-2940 to register for the clinics as space is limited.

### *Giant Slalom Rules*

Practice runs and “slipping the course” will not be allowed for competitors. Additional competitive runs will only be allowed if the timing equipment fails during competition. If, for any reason, a competitor completes only a single competitive run, that single time will be used to determine the competitor’s standing in the competition.

Normally, two competitors will be on two courses at the same time. Both skis must round the gate on the proper side. Any missed gates will result in disqualification.

### **Rally Race – 11:00 am to Noon**

This Rally Race event will be held on a race course on the left (west) side of the starting shack and is open to skiers of all abilities. The objective is to match the course time predetermined by a Winter Games Official and posted at the starting gate. The time will be very slow in relation to competitors’ times in the Giant Slalom, thus giving everyone a chance to match the time and win this competition.

### *Rally Race Rules*

Each racer is allowed one run. Winners in each gender/age category are determined by the individual time closest to (either over or under) the predetermined time. Competitors must round all gates. Any missed gates will result in disqualification. Times will be determined by a stop watch timing device and recorded by Winter Games Officials on site. Competitors may not refer to any timing device while competing in this event. Skiers or boarders may compete.

### **Obstacle Course – 12:00 noon to 3:00 pm**

This competition will begin after the GS race and the obstacles are in place. The course is located at the base of the Argentine Lift to the skier’s right. The object of the Obstacle Course competition is to surmount all the obstacles in the shortest time possible. No obstacle should be dislodged or damaged. Either skiers or boarders may compete but it may be more difficult for boarders.

Each obstacle represents something a skier might encounter on a backcountry ski trip. Any obstacle may be in an uphill, downhill, or traverse position. The obstacles have been designed so that they can be surmounted by contestants aged 50 + years.

The following obstacles are representative of what may be encountered in the race. Other obstacles may be used.

Short Slalom: A sequence of poles spaced 30 inches apart. Contestant must pass on alternate sides of the poles, either by turning or by going forward and back. (It has never been proven that one method is better.) Both skis must pass around each pole.

Step Over: Contestant must step over a nine-inch high rail with each ski parallel to the rail.

360-Degree Turn: Contestant must make a complete 360-degree circle around the obstacle (clockwise or counter-clockwise.)

Tunnel: A series of arches establishes a tunnel that the contestant must bend down and pass under without dislodging any element of the tunnel. Tunnel may be curved.

Narrow Track: Contestant must pass along a narrow track defined by vertical and horizontal poles.

Skinning: Contestant must traverse a length of dry carpet.

Zipper: Contestant alternately traverses up slope, rounds a pole, skis across to next pole, traverses up, etc.

### Obstacle Course Rules

Contest is determined by total time on course, including any Penalty Times\*. Clock does not stop until contestant crosses finish line. Any Penalty Times are added to clock time for contestant's total time.

All obstacles must be surmounted properly. Failure to surmount any obstacle will result in disqualification and no time will be entered for that contestant. If a contestant misses or does not surmount an obstacle, a Winter Games Official will stop the contestant. Contestant may return to the obstacle and retry to surmount it. (Clock continues to run.)

There is no Penalty Time for touching or contacting an element of an obstacle if the element is not damaged or dislodged.

Winter Games Officials will make reasonable efforts to direct contestants to obstacles and explain proper surmounting of obstacle.

In the event that a contestant falls, Winter Games Officials may render assistance in getting contestant back on his or her feet.

Only one contestant will be permitted on the course at a time.

No ski-skates will be permitted. Skis must equal or exceed the distance from the floor to the contestant's chin when standing. Snowboards and snowbikes are allowed, so long as the contestant follows all the rules.

No ski jumping is permitted on the course.

\*Penalty Time: Damaging or dislodging any element of an obstacle shall result in a 10-second Penalty Time to be added to the contestant's total time on course. The penalty shall be 10 seconds per obstacle regardless of how many elements are damaged or dislodged.

General Comments: There are a lot of traps in this competition. Contestants with a careful, steady approach will have better times than a contestant who tries to bomb the course.

If you dislodge or damage an obstacle, keep going. Your goal is to get to the finish line. The Officials will direct you and tell you what to do, but they will not physically help you surmount an obstacle. If you hear an Official whistle, stop. You must go back and do it right or you will be disqualified.

#### **4. TUESDAY, FEBRUARY 13 – The Nordic Events (at the Frisco Nordic Center)**

All Nordic events will take place at the Frisco Nordic Center on Tuesday, February 13. All participants must provide their own Nordic equipment (except airguns for the biathlon).

**NOTE:** the Frisco Nordic Center offers public practice and workouts for both classic and skate skiers. These will be available prior to race day, Mon-Wed-Fri, noon to 1:00 PM or Tues-Thurs, 3:30-4:30 PM. Contact Frisco Nordic Center at 970-668-0866 for the fees, to register for the sessions and to receive the weekly classic/skate ski schedule.

Following is information on each of the Nordic events.

### **10k Freestyle Race – 9:00 am – Intermediate/Advanced**

The start of this race is a mass start. Racers will complete a loop approximately 10 kilometers in length. Time to finish line from the starting signal will determine contestants standing by Gender/Age Category. Medal distribution will be determined by number of entries.

#### **10 Km Freestyle Nordic Race Rules**

Contestants shall start the race when the starting signal is given. No contestant may pass the starting line prior to the starting signal. Completion time will be determined when contestant completes the loop. Any deviation from the marked course will result in disqualification. Skate or Classic technique will be permitted in this race. Medal distribution will be determined by number of entries.

### **2.5k Classic Race and 2.5k Skate – 9:30 AM – Beginner Level**

**2.5k Classic Nordic Race:** The start of this race is a mass start. Racers will complete a loop approximately 2.5 kilometers in length. Time to finish line from the starting signal will determine contestants standing by Gender/Age Category.

**2.5k Classic Race Rules:** Contestants shall start the race when the starting signal is given. No contestant may pass the starting line prior to the starting signal. Completion time will be determined when contestant completes the loop. Any deviation from the marked course will result in disqualification. Classic technique only will be permitted in this event. Contestants entering this race may not enter the 10-k freestyle or 5-k classic race due to timing conflict with race starts.

**2.5k Skate Race:** The start of this race is a mass start. Racers will complete a loop approximately 2.5 kilometers in length. Time to finish line from the starting signal will determine contestants standing by Gender/Age Category.

**2.5k Skate Race Rules:** Contestants shall start the race when the starting signal is given. No contestant may pass the starting line prior to the starting signal. Completion time will be determined when contestant completes the loop. Any deviation from the marked course will result in disqualification. Skate ski technique only will be permitted in this event. Contestants entering this race may not enter the 10-k freestyle or 5-k classic race due to timing conflict with race starts.

### **5k Classic Race: 10:30 AM – Beginner to moderate intermediate**

The start of this race is a mass start. Racers will complete a loop approximately 5 kilometers in length. Time to finish line from the starting signal will determine contestants standing by Gender/Age Category.

#### **5 Km Classic Nordic Race Rules**

Contestants shall start the race when the starting signal is given. No contestant may pass the starting line prior to the starting signal. Completion time will be determined when contestant completes the loop. Any deviation from the marked course will result in disqualification. Classic technique only will be permitted in this event.

### **Biathlon Classic: 10:30 AM – 12:30 PM – Beginner to intermediate**

The Biathlon competition is a timed, two-lap classic Nordic ski race with two stops to shoot an air rifle at targets. Each lap is less than 1 kilometer in length. The first target shoot is done in the prone position. Competitor is given 4 shots. 3 out of the 4 must strike the target. The second target shoot is done in the standing (offhand) position. Competitor is given 3 shots. 2 out of the 3 must strike the target. Note that if the Competitor strikes the target 3 times and 2 times respectively in their attempts they need not fire the 4th or 3rd shots. For each shot under the required 2 or 3 that fails to strike the target, 20 seconds is added to contestant's total time.

From the starting line, you will ski about 40 yards to the shooting area and (using a provided pellet gun) hit the target three times using up to four shots from a prone position (lying chest down). Target will be 40 feet away. You must hit the target three times or be assessed a 20-second penalty for each miss.

You will then ski about 0.5 km. You stop at the shooting area again and (from a standing position) hit the target twice using up to three shots. You must hit the target twice or be assessed a 20-second penalty for each miss. You then ski to the finish line.

Please Note: Plan your biathlon race time so that it does not conflict with your cross country race times. (See Schedule of Events).

#### **Biathlon Rules**

Classic skis only may be used.

A compressed air rifle provided by the Winter Games Official must be used for the target shoot. Contestants who are unfamiliar with the air rifle should request familiarization from the Official prior to setting out on the race. Any assistance required during your timed race will be freely given, but the clock will continue to run.

Contestant will be handed a loaded and charged rifle with the safety on when in position to shoot. Contestant must turn the safety off, aim and fire. After the first shot, contestant must recharge the air rifle, chamber a pellet, aim and fire. This must be repeated until all necessary pellets are fired. Contestant must hand the rifle back to the official before continuing the race. Contestants may not carry weapons on ski portions of race.

Range safety requires that rifles only be pointed skyward or downrange at all times. Unsafe handling of the weapon will result in disqualification.

Contestant's final time will be total time to complete loop start to finish, plus any Penalty Time.

### **Snowball Toss: 10 AM to Noon**

Contestants may start the contest anytime between 10:00 am and noon on Tuesday. Contestants start by making their own snowballs. (Water, snow, and rubber gloves will be available.) They then may take as many shots at a practice target as they wish. For the contest, the contestant throws ten snowballs at the contest target. The first five count toward the contestant's recorded score. The score from the second five throws is used to break any tie.

### **Snowball Toss Rules**

Contestant must make his or her own snowballs. No assistance will be permitted. Contestants must throw from behind a line defined by a Winter Games Official. The target is approximately 20 feet from throwing line. The target is circular, approximately 30 inches in diameter, with a 6 inch hole in the center. It has a gold ring surrounding the hole and a black ring surrounding the gold ring.

If a thrown snowball passes through the center hole, including grazing the edge but falling through the hole, contestant scores 3 points. If any part of the thrown snowball strikes touching or within the surrounding gold ring, contestant scores 2 points. If any part of the thrown snowball touches the black ring of the target board but does not touch the gold ring, contestant scores 1 point. If no part of the thrown snowball strikes the hole or the target, no points are awarded.

The sum of the scores of the first five thrown snowballs is the contestant's primary score. To break a tie, the 6th thrown ball's score is added to the total score. If there is still a tie, the 7th thrown ball's score is added, and so on until the tie is broken. Awards will be made in each Gender/Age Category.

**Snowshoe Race – Long Course: 12:00 PM – (~3-4k)**

The start of this race is a mass start. Racers will complete a loop course approximately 3 to 4 kilometers in length.

**Long Snowshoe Race Rules**

Contestants shall start the race when the starting signal is given. No contestant may pass the starting line prior to the starting signal. Completion time will be determined when a contestant completes the loop.

Deviation from the marked course or shortcutting will result in disqualification.

Poles are permitted in the snowshoe race.

**Snowshoe Race – Short Course: 12:30 PM – (~2k)**

The start of this race is a mass start. Racers will complete a loop course approximately 2 kilometers in length.

**Short Snowshoe Race Rules**

Contestants shall start the race when the starting signal is given. No contestant may pass the starting line prior to the starting signal. Completion time will be determined when a contestant completes the loop.

Any deviation from the marked course will result in disqualification.

Poles are permitted in the snowshoe race.