



Special Olympics

SNOWBOARDING COACHING GUIDE

Snowboarding Rules, Protocol & Etiquette



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Teaching Snowboarding Rules

The best time to teach the rules of snowboarding is during practice, for example, teaching the athletes to understand the rules of the start command, going around gates and completing the course. Please refer to official *Special Olympics Snowboarding Rules* for the complete listing of snowboarding rules.

Divisioning

It is important that you as a coach learn and understand the rules and procedures of divisioning before attending competitions. Understanding the divisioning process will have a direct impact on your athletes' performance. The fundamental difference between Special Olympics competitions and those of other sports organizations is that athletes of all ability levels are encouraged to participate, and every athlete is recognized for his/her performance. Competitions are structured so that athletes compete with other athletes of similar ability in equitable divisions. Historically, Special Olympics has suggested that all divisions be created so that the variance between the highest and lowest scores within that division does not differ by more than 10 percent. This 10 percent statement is not a rule but should be used as a guideline for establishing equitable divisions when the number of athletes competing is appropriate.

Coaches are critical in helping competition management teams make divisioning work. Divisioning works best when coaches submit preliminary scores. This helps athletes get into the proper division as well as gain additional competition experience.

How Divisioning is Implemented

An athlete's ability is the primary factor in divisioning Special Olympics competitions. The ability of an athlete or team is determined by an entry score from a prior competition or the result of a seeding round or preliminary event at the competition itself. Other factors that are significant in establishing competitive divisions are age and sex.

Ideally, competition is enhanced when each division accommodates three to eight competitors or teams of similar ability. In some cases, the number of athletes or teams within a competition will be insufficient to achieve this goal. The following describes the sequential process for creating equitable divisions.

Protest Procedures

Protest procedures are governed by the rules of competition and may change from competition to competition. Only rules violations can be protested. Judgment calls made by officials or divisioning decisions cannot be protested. The protest must cite specific violations from the rulebook and a clear definition of why the coach feels the rule was not followed.

The role of the competition management team is to enforce the rules. As a coach, your duty to your athletes and team is to protest any action or events while your athletes are competing that you think violated the official snowboarding rules. It is extremely important that you do not make protests because you and your athlete did not get your desired outcome of an event. Filing a protest is a serious matter that can impact a competition's schedule. Check with the competition team prior to a competition to learn the protest procedures for that competition.



Snowboarding Protocol & Etiquette

The following are rules that are to be applied to all people on the slopes:

- ♦ Always stay in control and be able to stop or avoid other people or objects.
- ♦ People ahead of you have the right of way. It is your responsibility to avoid them.
- ♦ You must not stop where you obstruct a trail or are not visible from above.
- ♦ Whenever starting downhill or merging into a trail, look uphill and yield to others uphill from you.
- ♦ Always use devices to help prevent runaway equipment.
- ♦ Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
- ♦ Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

During Training

For Coaches

- ♦ Arrive at training facility 15 minutes before the scheduled start time.
- ♦ Come prepared to coach: Know and understand the rules.
- ♦ Ensure that athletes are wearing proper equipment before training begins.
- ♦ Ensure that athletes participate in warm-ups, stretching and drills.
- ♦ Have a copy of an up-to-date medical for every athlete.
- ♦ Treat all athletes in the same manner.
- ♦ Speak calmly when giving instructions or corrections.
- ♦ Call snowboarders by their first names.
- ♦ Maintain a calm and pleasant demeanor.
- ♦ Answer the athletes' questions in a respectful and reassuring tone.
- ♦ Treat others as you would wish to be treated: Please be considerate of other snowboarders and/or skiers on the hill.
- ♦ Set rules and expectations for all athletes and coaches.
- ♦ Respect nature: Don't throw trash on slopes; don't ride in closed areas such as nature reserves.

For Athletes

- ♦ Come prepared and on time to training.
- ♦ Notify coach if not able to attend training.
- ♦ Wear proper clothing for training.
- ♦ Give your best effort during training.
- ♦ Treat others as you would wish to be treated: Please be considerate of other snowboarders and/or skiers on the hill.
- ♦ Notify coach of illness or injury.
- ♦ Be supportive of your fellow athletes.
- ♦ Respect nature: Don't throw trash on slopes; don't ride in closed areas such as nature reserves.



During Competition

For Coaches

- ♦ Ensure that you bring enough equipment.
- ♦ Know where athletes are during the competition.
- ♦ Get score sheets and other paperwork done on time or early.
- ♦ Review all competition rules and procedures.
- ♦ Attend all coaches' meetings.
- ♦ Encourage your athletes to participate to the best of their ability at all times.
- ♦ Practice the Honest Effort Rule.
- ♦ Ensure that athletes are wearing proper equipment and attire before competition begins.
- ♦ Have a copy of an up-to-date medical for every athlete.
- ♦ Treat all competition staff with respect: Remember, they are also volunteers.
- ♦ Maintain a calm demeanor throughout the competition.
- ♦ Never use foul language or raise your voice in an angry tone.
- ♦ Thank the competition staff and officials.
- ♦ Set rules and expectations for all athletes and coaches.

For Athletes

- ♦ Come prepared and on time to competition.
- ♦ Notify coach if not able to attend competition.
- ♦ Wear proper clothing/ uniform to compete in.
- ♦ Give your best effort during the competition.

Coaching Tips

- ☐ Use positive reinforcement when speaking to athletes.
- ☐ Teach waiting one's turn during drills.
- ☐ Teach good sportsmanship at all times.
- ☐ Encourage athletes to cheer on teammates during training and competition.



Sportsmanship

Good sportsmanship is both the coach's and the athlete's commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. Below we highlight a few focus points and ideas on how to teach and coach sportsmanship to your athletes. Lead by example.

Competitive Effort

- Put forth maximum effort during each event.
- Practice the skills with the same intensity as you would perform them in competition.
- Always finish a race or event - Never quit.

Fair Play at All Times

- Always comply with the rules.
- Demonstrate sportsmanship and fair play at all times.
- Respect the decision of the officials at all times.

Expectations of Coaches

1. Always set a good example for participants and fans to follow.
2. Instruct participants in proper sportsmanship responsibilities and demand that they make sportsmanship and ethics the top priorities.
3. Respect judgment of contest officials, abide by rules of the event and display no behavior that could incite fans.
4. Treat opposing coaches, directors, participants and fans with respect.
5. Shake hands with officials and the opposing coach in public.
6. Develop and enforce penalties for participants who do not abide by sportsmanship standards.

Expectations of Athletes

1. Treat teammates with respect.
2. Encourage teammates when they make a mistake.
3. Treat opponents with respect: Shake hands prior to and after contests.
4. Respect judgment of contest officials, abide by rules of the contest and display no behavior that could incite fans.
5. Cooperate with officials, coaches or directors and fellow participants to conduct a fair contest.
6. Do not retaliate (verbally or physically) if the other team demonstrates poor behavior.
7. Accept seriously the responsibility and privilege of representing Special Olympics.
8. Define winning as doing your personal best.
9. Live up to the high standard of sportsmanship established by your coach.

Remember

- ♦ Sportsmanship is an attitude that is shown by how you and your athletes act on and off the slopes.
- ♦ Be positive about competing.
- ♦ Respect your opponents and yourself.
- ♦ Always stay under control even if you are feeling mad or angry.



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Snowboarding Glossary

Term	Definition
Backside	Refers to the side of the board where the riders' heels are, also known as the Heel Side.
Base	The bottom of a snowboard.
Boot out	A skid or fall as a result of a boot or binding dragging in the snow when the snowboard is tilted on edge.
Camber	The arch in a snowboard that causes the middle of the board to be higher than the tip and the tail when it is placed on a flat surface.
Carve	A turn made with a minimum of skidding, in which the entire length of the snowboard's edge passes through the same point in the snow.
Chatter	The vibration caused by the rapid, repeated bite and release of a snowboard edge on the snow.
Countdown	Also known as the start command: 5, 4, 3, 2, 1, GO.
Counter Rotation	The movement of twisting the torso and legs in opposite directions concurrently.
DNF	Did Not Finish
DNS	Did Not Start
DSQ or DQ	Disqualified
Edge	The metal strip that runs down the side of the snowboard along the base. The edge can be sharpened, allowing the rider to slice through hard snow and ice.
Fakie	Riding backward while in the rider's original stance.
Fall Line	The imaginary line down a slope, where gravity and terrain would allow a ball to roll down the hill. Snowboarders achieve their greatest speed when in the fall line.
Falling Leaf	An exercise in which the rider skids back and forth on the same edge in an imaginary corridor, mimicking the shape a leaf makes as it falls from a tree.
Finish line	The line at the end of the race where the time for each rider is stopped and recorded.
FIS	The abbreviation for Federation International de Ski, the organization that regulates all international amateur snowboarding competition.
Flex	A description of the stiffness or softness of a piece of equipment.
Forerunner	A snowboarder who rides a race course before the competitors do, in order to determine if the course is ready for competition.
Frontside	Refers to the side of the board where the rider's toes are.
Garland	A series of linked partial turns across the slope of the hill on the same edge, mimicking the shape that a garland draped on a tree makes.
Gate	A marker on the course, in the shape of a triangle, that the rider must pass at the smaller side; exists as both blue and red.
Giant Slalom	A type of race course with gates that a rider must pass through. This type of course requires medium-radius linked turns.



Term	Definition
Goofy-foot Stance	A directional stance in which the rider's right foot is the front foot.
Grab	To touch and/or hold part of the snowboard while airborne.
Grind	To slide or ride across an object such as a rail.
Groomed	Snow that has been mechanically prepared.
Halfpipe	A terrain park feature that resembles a large pipe with the top half removed.
Heelside	The edge of a snowboard nearest the rider's heels.
Inclination	Deviation from a vertical body position. This term is usually used to describe the overall appearance of the body in relationship to a vertical reference.
Leash	A required device used to keep the snowboard attached to the rider to prevent a runaway snowboard.
Line	The path taken through the gates.
Magic Stick	A short length of tubing or pole that can be used as a training aid.
Nose	The front end, or tip, of the snowboard.
Powder	A type of snow that is dry and fluffy.
P.S.I.A.	Professional Ski Instructors of America. The certifying body of ski instructors in America.
P-tex	A type of plastic material used for the bases of snowboards.
Regular-foot Stance	A directional stance in which the rider's left foot is the front foot.
Rotation	Turning the body in order to turn the snowboard in the same direction.
Shovel	The widest part of the snowboard, usually at the tip.
Side-cut	The hourglass shape of the snowboard in which the middle is narrower than the tip and tail.
Skidded Turn	A turn in which the snowboard slips across the slope throughout the turn.
Slalom	A type of race course with gates that the rider must pass through. This type of course requires short-radius linked turns.
Stomp Pad	A pad located between the bindings to provide traction to the foot that is not clipped in.
Super Giant Slalom	A type of race course with gates that the rider must pass through. The vertical distance between gates is 14 to 16 percent of the total vertical drop, requiring large-radius linked turns.
Tail	The back end of a snowboard.
Tip	The front end, or nose, of a snowboard.
Toeside	The edge of the snowboard nearest the rider's toes.
Traverse	Snowboarding across the hill from one side to the other.
Waist	The narrowest part of a snowboard, near the center of the board.

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