

Huntly Nordic Ski Club
Huntly Rollerski Championships 2021.
Scots Series No.02
Sat 11th Sept 2021 – Huntly Nordic & Outdoor Centre
RACE RULES / INSTRUCTIONS.

Organisers: Huntly Nordic Ski Club. Supported by Aberdeenshire Council.

- Main GB Series Race distances: Seniors 7.1km (10 laps), U18/U16 5.1km (7 laps), U14/U12 3.7km (5 laps).
- Main races will follow laps of the hill loop – all skiers must be competent to handle downhills.
- There will be a novice race following the flat outer loop for less experienced & younger rollerskiers. 1.8km (3 laps).
- Intermediate Novice race – 2km (5 laps of middle loop going up cut-through).
- **Roller skiing is a potentially dangerous sport. You enter these races at your own risk.**
- Races are covered by Snowsport Scotland Liability Insurance.
- All competitors agree to the Race Committee being the final arbitrators of any dispute.
- The organisers reserve the right to adjust programme to suit entries & conditions.
- Races start 10:00am – see Timetable.
- The main races will have age categories for SVet (born 1960 or before), Vet (b 1961-80), Senior (b 1981-2002, U18 (b 2003/04) U16 (b 2005/06) & U14 (b 2007/08), U12 (b 2009 or after).
- Skiers entered into the main races should be competent to handle the downhill section. If not they enter the novice race which follow a flat course. Novice race results will be placed behind main race results for GB Series points allocation.

EQUIPMENT.

- **Marwe 610 rollerskis with 6S6 rubber wheels will be used. Marwe barrel wheel rollerskis will also be available for those who prefer to use them.** The skis have both Profil & NNN bindings. Skiers should still bring their own rollerskis for practice.
- Rollerskis will be checked by Equipment Jury & placed in a pool for random issue for each race. **Skiers will not be allowed to use their own rollerskis for racing but must use the pool skis.**
- All rollerskis must be returned to pool immediately after race.
- Cycle safety hats & glasses **MUST** be worn at all times while on roller skis – even when not racing (the glasses are optional when not racing). Should there be rain the organisers may allow glasses to be discarded.
- Gloves are recommended & skiers may wish to wear knee/elbow protectors.

RACES.

- All races start/finish in front of Ski Centre.
- Main races follow laps clockwise around the “Hill” course.
- There are Intermediate Open Race & Novice Junior Flat races for skiers not wanting to ski hill.
- Races will be in a Time Trial format with skiers starting at 15sec intervals.
- Races will be divided into heats so that there are no more than 15 skiers in each heat. The number of heats will be determined by number of entrants on the day.
- Skiers on 3.7km 5 lap race will pass lap counters SIX (6) times.
Skiers on 5.1km 7 lap race will pass lap counters EIGHT (8) times.
Skiers on 7.1km 10 lap race will pass lap counters ELEVEN (11) times.
- Lap counters will shout out when you are starting your last lap & then when you need to ski to finish.
- **A two-lane finish zone is marked & skiers must keep to a lane as they finish.**
- **AT END OF YOUR RACE HAND IN YOUR RACE BIB & PUT SKIS BACK INTO POOL FOR NEXT HEAT.**

RELAYS.

- No relays are planned this year.

LOCAL RACING RULES.

- All skiers are requested to ski in a safe & considerate manner, especially around the younger skiers.
- **“Overtaking Rule”** - The track is narrow. To enable safe overtaking the faster skier should shout “track”, on hearing this the slower skier should move to one side (generally the inside), restrict skiing action leaving enough space for overtaking skier.
- It is the responsibility of the faster, overtaking skier to avoid contact with the slower skier. Likewise the slower must not obstruct the overtaking skier.
- **“Exception to Overtaking Rule”** - Slower skiers do not have to give way on the one steep downhill, they may maintain their racing line within the marked zone (red poles at start of hill, green poles at bottom). Faster skiers may overtake on this hill if there is clearly sufficient space, if not they must control their speed until past marker.
- Please follow instructions from the marshals. Any skiers seen to be skiing in a reckless manner will be warned &, if necessary, disqualified. Marshals will stop dangerous skiing.
- **“Finish Rule”** – A two-lane finish zone is marked & skiers must keep to a lane as they finish.
- Skiers / spectators must be aware of, & keep clear of racing skiers. **Please keep off tarmac track.**