

## QUIZ #1

**1) If you fall in a race and you are hiking, and you see that the next racer is coming toward you, what should you do?**

A: Move out of the way and let them pass. Then continue hiking and finish the course.

**2) How often should you tune your skis?**

A: Before every race, or more often.

**3) What should you do if your ski falls off right before the finish line?**

A: Cross the line as quickly as you can. You may ski the last double gate and the finish line with only one ski.

**4) What should you do if your ski falls off any place before the second-to-last gate?**

A: Get yourself and your gear off the course as quickly as possible. You have DQ'ed. Ski down on the side without crossing the finish line.

**5) How will wax help you in a race?**

A: It will make you go faster, particularly in the flats.

**6) What should you do if the racer in front of you drops her pole in the course?**

A: If it is not in your way, just finish the course. If you cannot safely ski your line, immediately stop and go request a rerun. Technically only the Chief of Race can give you a rerun for obstruction, but they are usually at the top, so check in with the finish ref instead. Do not ski the rest of the course or cross the finish line.

**7) What if a gatekeeper is in the course and you pass him pretty well, but then a few gates later you have some trouble that you think may have actually been because of the gatekeeper obstructing you? What should you do?**

A: You can no longer request a rerun because you kept skiing after the potential obstruction. You must finish the course.

**9) What should you do to your skis when you get home from practice or a race?**

A: Dry them off!!! Unless you like rusty edges that will not carve as good on your next ski race or ski practice. Yes....dry off your skis after each use.

**10) How many seconds will your time be if you do not finish the course?**

A: 200 seconds, which is over three minutes and a very long time, so be sure to finish even if you need to hike for a long time. Your time could still help your team.

## QUIZ #2

**1) If the racer in front of you falls and is still in the course when you get to them, what should you do?**

A: If you cannot safely ski the course with them there, immediately stop and go request a rerun. Technically only the Chief of Race can give you a rerun for obstruction, but they are usually at the top, so check in with the finish ref instead. Do not ski the rest of the course or cross the finish line.

**2) Can you request a rerun if the racer in front of you bothers you, but you slow down and cross the finish line right behind them?**

A: No. Once you cross the finish line, you may not request a rerun for obstruction. You must stop immediately upon the obstruction in order to request a rerun.

**3) How many straps should you have on your skis when they are stored in your car or in your car top carrier?**      A: Two

**4) What should you do if your ski falls off before the first gate?**

A: Quickly get out of the course. You have DQ'ed (disqualified). Do not ski through the finish line. And with this notice, make sure your bindings are adjusted correctly to your skill level by a professional binding adjuster.

**5) What could happen to a racer who uses profanity toward another racer, a coach, or a race worker?**      A: They can be disqualified and/or removed from the race for the night. Their entire team can also be disqualified for the nights race event in extreme cases.

**6) What should you do if you drop your pole while you are racing?**

A: Leave it and finish the race without it.

**7) What should you do if you see that one of the panels has fallen off the gate?**

A: If the panel is not in your way, just finish the course. If you cannot safely ski your line, immediately stop and go request a rerun. Do not finish the course or cross the finish line.

**8) How will sharp edges help you in a race?**

A: They will help you carve and/or turn on ice. Give you control. Keep you from slipping.

**9) If you fall down, but your skis don't fall off, what should you do?**

A: Get up and hike as fast as you can to get back on course. A gatekeeper can tell you which gate you need to go around. Scoot out of the way if the racer behind you is coming and then finish hiking after they pass you. Look for a vest wearing gatekeeper or course worker and ask which gate you missed.

**10) What should you do if a snowboarder crosses the course right in front of you?**

A: If they are not in your way, just finish the course. If you cannot safely ski your line, immediately stop and go request a rerun. Technically only the Chief of Race can give you a rerun for obstruction, but they are usually at the top, so check in with the finish ref instead. Do not finish the course or cross the finish line.