



STRAMUŚ SKI CROSS
* FOR 2022 & YOUNGER **MINI STRAMUŚ SKI CROSS**

STRAMUŚ SLALOM SNOWBOARD

REGULATIONS

ORGANIZER

STRAMA SKI AND SNOWBOARD SCHOOL, Strama Sport i Turystyka Sp. z o.o, ul. Balzera 28, 34-500 Zakopane, NIP 736-173-73-23

PURPOSE

Promoting a healthy lifestyle and a method for active leisure. Motivating children to practice skiing – the ability to compete in the spirit of fair play.

RULES OF PARTICIPATION IN THE COMPETITION

Children meet at a designated time in the dedicated athlete zone near the track where the competition takes place and go with STRAMA Instructors to familiarize themselves with the track and obstacles. Familiarization with the track involves a snowplow descent with the instructor leading. To have a run counted in the competition, the child must correctly navigate the ski cross slalom track. For incorrectly bypassed obstacles or omitted obstacles, 5 penalty seconds will be added to the competitor's time for each incorrectly bypassed obstacle. The run time will be recorded on the scoreboard.

Each person can start in the competition only once. Repeating the run is possible only if the organizer is at fault due to technical reasons. During the competition, the presence of parents and guardians on the slalom track is prohibited. Viewers and guardians may only be in designated areas on the track or at the finish line.

ATTENTION: HELMETS ARE MANDATORY

REGISTRATION

Registrations can be made:

- * online: by completing the form on the reservation page
- * in person: at the STRAMA School office, Nosal - ul. Balzera 28, Zakopane until 20.02, 6:00 PM
- * CHILDREN PARTICIPATING IN 6-DAY SKI HOLIDAY COURSES at the STRAMA school between 16-21.02 are automatically registered for the competition

ATTENTION: When registering, it is required to provide the correct date of birth of the child (incorrect date of birth, and consequently incorrect classification of the child into the age category, will result in disqualification).

START FEE

130 PLN first child

110 PLN second child / sibling

CHILDREN IN SKI COURSES: BASIC 6 days, SPORT SKIING, SKI SAFARI taking place between 16-21.02 start in the XIV Stramuś Bear Cup included in the course price.

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The entry fee can be paid at the school office. The entry fee includes:

- * participation in the competition and accompanying attractions
- * training before the competition under the supervision of instructors on 20.02
- * 1-hour stay at STRAMUŚLAND on 21.02
- * medal and participation prizes for each participant
- * participation in the drawing of attractive prizes

The entry fee does not include: lift tickets. The cost of the "competition lift ticket" is 60 PLN. 3-hour card – time counted from the first use of the card. Purchase at the lift ticket office with the password "Puchar STRAMUSIA" (Stramusia Cup).

COLLECTION OF START NUMBERS

Start numbers can be collected at the competition office, STRAMA School, on Friday, February 20, from 12:00 PM to 7:00 PM and on the day of the competition, i.e., Saturday, February 21, from 8:00 AM to 11:00 AM.

SKI CROSS SLALOM TRAINING BEFORE THE COMPETITION ON FEBRUARY 20th

On February 20 (Friday) at the Nosal Ski Training Center, ski cross slalom training will take place:

RECREATION SKI category from 3:30 PM to 4:30 PM under the supervision of STRAMA school instructors, **PV slope**

CLUB SKI category from 5:00 PM to 6:00 PM under the supervision of club coaches, **PIII slope**

SNOWBOARD category from 5:00 PM to 6:00 PM under the supervision of STRAMA instructors, **PV slope**

CLUB COMPETITION

8:30-9:00 possibility of slalom cross training, **PIII slope**

9:00 track viewing for SKI CLUB

9:30 PIII slope, start of the first SKI CLUB category

Starting from the 2022 age group and younger - subsequent age groups according to the order of numbers

ATTENTION: children view the track with coaches and remain under the care of coaches

RECREATION COMPETITION

Track viewing for SKI RECREATION according to the start schedule 30 minutes before the start time of the category. Meeting point under the stage and departure with instructors to familiarize themselves with the track

Start of the first SKI RECREATION categories 10:15 AM

2020, 2021, 2022 and younger age groups 09:30 AM instructors waiting under the stage, 10:15 AM START PV slope

2012 - 2013, 2014 – 2015 age groups 09:30 AM instructors waiting under the stage, 10:15 AM START PIII slope

2018, 2019 age groups 10:15 AM instructors waiting under the stage, 11:00 AM START PV slope

2016, 2017 age groups 11:00 AM instructors waiting under the stage, 11:30 AM START PV slope

****ATTENTION:**** 30 minutes before the START of each recreation group, there is a meeting with instructors at the designated place under the stage and joint familiarization with the competition track. After familiarizing themselves with the track, children waiting for their start will have the opportunity to ski with instructors. After starting in the competition, they go under the care of parents.

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SNOWBOARD COMPETITION

ALL AGE GROUPS: I 2019 & younger , II 2018, III 2017 – 2016, IV 2015-2014, V 2013-2012, VI 2011 – 2010

11:00 AM instructors waiting under the stage, 12:00 PM START PV slope

Track viewing for slalom, all SNOWBOARD categories: 11:15 AM

Start of the first SNOWBOARD category, 2017 and younger, 12:00 PM, subsequent categories immediately after each other.

ATTENTION: 45 minutes before the START of the SNOWBOARD group, there is a meeting with instructors at the designated

place under the stage and joint familiarization with the competition track. After familiarizing themselves with the track, children waiting for their turn

to start will have the opportunity to ski with instructors. After starting in the competition, they go under the care of parents.

PARTICIPATION AWARDS – FINISH ZONE

After the run of each age category, in the finish zone will be handed out: medal, diploma, and participation prize, and the start number will be collected, which at the end of the event will take part in the drawing of attractive prizes

CLASSIFICATION AND PRIZES

In each category, a classification will be carried out in groups of girls and boys. Each child receives a prize, medal, and diploma for participation. For the first three places in each category, cups, diplomas, and material prizes will be awarded. At the end of the competition, among all participants starting in the competition, valuable material prizes will be drawn. The announcement of results, awarding of winners, and drawing of prizes will take place on February 21 (Saturday) at the Nosal Ski Training Center. The drawn prize can only be awarded to a child present during the drawing. Absence after 10 seconds of waiting results in the prize being drawn again. The hours of the award ceremony and prize drawing are determined by the DETAILED COMPETITION PROGRAM.

AGE CATEGORIES AND RULES FOR ASSIGNMENT TO GROUPS

The STRAMUŚ SKI CROSS ski competitions are organized for children aged 4 to 14 in two ski groups: RECREATION and CLUB. Classification takes place in categories in the following age groups:

9 RECREATION categories divided into girls and boys - children who are not and have never been affiliated with ski clubs and schools, not participating in league competitions organized for club athletes. In the recreation categories, it is forbidden to start in so-called ski suits, club outfits, and the presence of coaches and parents at the start. The instructors of the STRAMA School take care of the competitors.

6 CLUB categories divided into girls and boys - children affiliated with SKI CLUBS and SCHOOLS, as well as children who were affiliated in the past. It is allowed to start in "ski suits" and the presence of coaches at the start and during viewing. In the CLUB category, children remain under the care of coaches or parents/guardians. The instructors of the STRAMA School will be available to assist during viewing and at the start if needed and in the absence of a coach/parent/guardian.

6 SNOWBOARD categories divided into girls and boys. Open category for both recreational and club children. In the snowboard categories, the instructors of the STRAMA School take care of the competitors during viewing and at the start.

DISQUALIFICATIONS AND PENALTIES

A competitor may be disqualified for the following reasons:

- * starting in a ski suit or club outfit in the "recreation" group
- * starting a child who is a member of a ski sports club in the recreation group
- * starting a child participating in league ski competitions, Polish Cups, etc. in the recreation group
- * incorrectly provided date of birth, which causes incorrect assignment to the group
- * for incorrectly bypassing an obstacle or completely omitting it, we add 5 penalty seconds for each mistake

AGE CATEGORIES - STRAMUŚ SKI CROSS 2026

RECREATION (from 4 and younger to 14 years old)	CLUB (from 4 and younger to 10 years old)
<ul style="list-style-type: none">• I 2022 & younger – mini slalom• II 2021 – mini slalom• III 2020• IV 2019• V 2018• VI 2017• VII 2016• VIII 2015-2014• IX 2013-2012	<ul style="list-style-type: none">• I 2022 i młodsze• II 2021• III 2020• IV 2019• V 2018• VI 2017 - 2016
Age groups 2022 and younger and 2021 start from a lower start.	* The competition takes place on slope no. PIII

AGE CATEGORIES - STRAMUŚ SNOWBOARD - GIANT SLALOM 2026

<ul style="list-style-type: none">• I 2019 & younger• II 2018• III 2017 - 2016• IV 2015 - 2014• V 2013 - 2012• VI 2011 – 2010
The competition take place on slope no. PV

ADDITIONAL ATTRACTIONS ACCOMPANYING THE EVENT

1. Animations and games around the stage
2. Educational games and activities prepared by the Police
3. 1-hour stay and play in STRAMUŚLAND
4. STRAMUŚ PHOTO BOOTH

INSURANCE AND LIABILITY

All children must be under the care of parents or guardians. Participation in the competition is at the responsibility of parents and guardians. The organizer has liability insurance. Participant's accident insurance is voluntary and is the responsibility of the parent or guardian.

COMPLAINTS AND PROTESTS REGARDING THE RESULT

It is possible to submit justified complaints and protests. The protest should be submitted in writing no later than 15 minutes after the end of the competition at the competition office. The fee for considering the protest is 80 PLN.

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