



SAJ 特別ルール

2025/2026

(2025 年 12 月 1 日版)

SAJ 特別ルール

FIS 各種ルール日本語版で不自然な日本語や翻訳の間違いなどがあれば、Google Form に記入し送信をしてください。



<https://forms.gle/7iaEgB5GbW9Lwr2r9>

1. SAJ における各種競技規則は FIS の各種競技規則に準じる。日本語訳に疑義が生じた場合は英語版を優先とする。
2. 様々なルール内の文言については、FIS は SAJ、U16 は K2、U14 は K1 とするなど、適宜国内の実情に合わせた文言に読み替えるものとする。
3. 担当 TD は SAJ レースにおいて、ルールに関してすべて適合していることを確認した上で業務に当たる。
4. 各ルールの詳細はそれぞれのルール最新版を参照のこと。

ICR: The International Ski Competition Rules

SACE: Specifications for Alpine Competition Equipment

RAP: Rules for the FIS Alpine Points

SAJ 特別ルール

ICR 606.2.2 すべてのアルペン競技種目（スラロームを除く）では、オリンピック冬季大会、FIS 世界選手権、FIS ワールドカップ（レベル 0）、FIS コンチネンタルカップ、ユニバーシアード、FIS ジュニア世界選手権（レベル 1）の競技スーツには FIS 競技用品仕様に適合性を証明するラベルが必要である。レベル 0 および 1 の場合、ラベルのない競技用スーツを着用している競技者はスタートを許可されない (627.2)。

SAJ 公認レースにおける特例

- ・全ての SAJ 公認レースにおいてラベルのあるスーツを着用すること。ただし K1、K2 およびマスターズにおいては除外とする。

ICR 901.1.4 U16 – U14 コース

- 200m-350m

U16 のジャイアントスラロームは 2 本レースでなければならない。U14 においては主催者が、1 本レースか 2 本レースにするかを選択することができる。

SAJ 公認レースにおける特例

- ・特例として下限を 160m とする。ただし下限が 200m となるように努力をする。
- ・SL の SAJ 公認コースで行うことも可能とする。ただしその他のすべてルールに適合していることを TD は確認すること。

ICR 1001.1.3 U16 - U14 コース

- 250m-450m

SAJ 公認レースにおける特例

- ・GS の SAJ 公認コースで行うことも可能とする。ただしその他のすべてルールに適合していることを TD は確認すること。

SACE 1.1.2 スキーにおける数値表示について

スキーのマーキングは必須である。スキーの長さ、ラディウス（SL を除く）、スキーのウエスト幅、スキーのショルダー幅（SL を除く）が記載されていなければならない。競技用スキーに関する FIS の仕様に適合していることを証明する、取り外しできない方法でデザインに組み込まれた特定の標準化された FIS ラベルを使用しなければならない。ラベルは測定値の代わりに、または測定値に加えて使用することができる。製造者は、毎年、用具の仕様に適合していることを確認しなければならない。

SAJ 公認レースにおける特例

- ・K2、K1 のスキーについて

基準を満たしていれば、スキーのウエスト幅が記載されていなくとも使用可とする。

SACE 1.1.2 U16-U14 使用スキーについて

使用可能スキー早見表 (数値は最小値とする。)

種目	性別	数値	SAJ (ユース)		
			K2 (FIS U16と同等)		K1 (FIS U14と同等)
				SAJ特別ルール	
S G	男女	長さ	183cm	175cm	-
		ラディウス	30m	27m	-
G S	男女	長さ	188cm以下	-	188cm以下
		ラディウス	17m	-	17m
					130cm 14m

*スキー長はスキー板に記載されている数値で判断する。

SACE 1.1.2 男子におけるスラロームスキーの長さについて

高校 2 年生生まれまではスラロームに於いて 155cm の長さのスキーを使用することができる。

参考情報：詳細は各条項を確認すること。

ICR 607.3 国際競技会年齢区分

年齢区分早見表 (2025/2026)

生年	学年	FIS区分	SAJ区分	国体区分
2004	大4早	FIS	シニア	成年A組
	大3			
2005	大3早	U21		
	大2			
2006	大2早			
	大1			
2007	大1早			
	高3			
2008	高3早	U18		
	高2			
2009	高2早			少年組
	高1			
2010	高1早	U16 (CHI)	K2	
	中3			
2011	中3早	U14 (CHI)		
	中2			
2012	中2早		K1	
	中1			
2013	中1早			
	小6			
2014	小6早			
	小5			
2015	小5早			

FIS区分	生年	SAJ区分	生年
マスターズA (男子)	1995 - 1966	Aグループ (男子)	1995 - 1966
マスターズB (男子)	1965 -	Bグループ (男子)	1965 -
マスターズC (女子)	1995 - 1966	Cグループ (女子)	1995 - 1966
マスターズD (女子)	1965 -	Dグループ (女子)	1965 -

SACE 1.1.2 使用可能スキー早見表

要素	種目	OWG/WSC/WC /WJC/COC (Level 0-1)	FIS/YOG/NC /ENL/ SAJ (Level 2-3-4)	U14 (K1)	K1 SAJ 特別規定 *****	U16 (K2)	K2 SAJ 特別規定	Masters**
長さ (cm) ****	DH Women DH Men SG Women SG Men GS Women GS Men SL Women SL Men	210 Min 218 Min 205 Min 210 Min 188 Min 193 Min 155 Min 165 Min	205 Min 213 Min 200 Min 205 Min 183 Min 188 Min 155 Min 165 Min*		***** ***** 130 Min 130 Min	183 Min 183 Min 188 Max 188 Max 188 Max 188 Max 130 Min 130 Min	175 Min 175 Min	180 Min*** 185 Min*** 175 Min 180 Min
ラディウス (m) ****	DH Women DH Men SG Women SG Men GS Women GS Men SL Women SL Men	50 Min 50 Min 40 Min 45 Min 30 Min 30 Min	50 Min 50 Min 40 Min 45 Min 30 Min 30 Min		17 Min 17 Min	30 Min 30 Min 14 Min 14 Min	27 Min 27 Min	
ウエスト幅 (mm) ****	DH Women DH Men SG Women SG Men GS Women GS Men SL Women SL Men	65 Max 65 Max 65 Max 65 Max 65 Max 65 Max 63 Min 63 Min	65 Max 65 Max 65 Max 65 Max 65 Max 65 Max 63 Min 63 Min	65 Max 65 Max 65 Max 65 Max 65 Max 65 Max		65 Max 65 Max 65 Max 65 Max		
ショルダー幅 (mm) ****	DH Women DH Men SG Women SG Men GS Women GS Men SL Women SL Men	95 Max 95 Max 95 Max 95 Max 103 Max 103 Max	95 Max 95 Max 95 Max 95 Max 103 Max 103 Max					
トップ高 (mm)	DH/SG GS/SL	30 Min 50 Min	30 Min 50 Min					
テール高 (mm)		10 Max	10 Max					

原文と相違がある場合は原文を優先する。

次頁の脚注を必ず参照のこと。

SACE 1.1.2 使用可能スキー早見表

脚注

- * 155cm Men FIS 初年度に限る。
- ** 女子 55 歳以上、男子 65 歳以上は長さの制限なし。
- *** GS スキーの使用も可能であるが、スキーの長さは必須。
- **** スキーのマーキングは必須である。スキーの長さ、ラディウス（SL を除く）、スキーのウエスト幅、スキーのショルダー幅（SL を除く）が記載されていなければならない。競技用スキーに関する FIS の仕様に適合していることを証明する、取り外しできない方法でデザインに組み込まれた特定の標準化された FIS ラベルを使用しなければならない。ラベルは測定値の代わりに、または測定値に加えて使用することができる。製造者は、毎年、用具の仕様に適合していることを確認しなければならない。

SAJ 公認レースにおける特例

- * SAJ 公認大会においては高校 1 年生に限り 155cm の使用を認める。
- **** 体格、体力、技能に適したものを使用すること。
- ***** JOC ジュニアオリンピックカップ K1 カテゴリーは上記のスキーを利用すること。

ICR 修正履歴

2025年12月1日発行分

Precisions Northern Hemisphere 2025/2026 (v11.11.2025)

https://assets.fis-ski.com/f/252177/x/c2544b4070/precisions-northern-hemisphere_11-11-2025.pdf

Change of Licence

203.5 Application for a change of FIS Licence Registration

All applications to change licence registration from one member National Ski Association to another are subject to consideration by the FIS Council at its Meetings in the spring (applications may only be submitted by 1st May each year). In principle an application to change licence registration will not be granted unless competitors demonstrate their personal association with the new nation. Prior to submitting an application to change licence registration competitors must possess the citizenship and passport of the country for which they wish to compete. In addition, competitors must have had their principal legal and effective place of residence in the new country for a minimum of two (2) years immediately prior to the date of the request to change registration to the new country/National Ski Association. An exception to the two-year residency rule may be waived if the competitor was born in the territory of the new country, or whose mother or father is a national of the new country. Applications will not be accepted if a parent has obtained a passport for the new country, but is not resident, and/or there is no family ancestry.

Furthermore, competitors are required to submit a detailed explanation with the application about their personal circumstances and the reason for requesting a change of licence registration. A change of nation can only be made once and after confirmation by the FIS Council. A change back or a second change is not allowed.

Electric Timing

611.2.1 Electric Timing

For all international competitions, FIS World Cup, FIS Continental Cups and FIS competitions, two synchronised electronically isolated timing systems operating in time-of-day must be used. One system will be designated system A (main system), the other system B (back-up system) prior to the beginning of the race. Only exception for Parallel competitions, on Level 2, 3 and 4 where no system B is required.

Time of day times must be immediately and automatically sequentially recorded on printed strips (for level 3 and 4, memorized electronically is accepted) -at the maximum precision of the timing device according to the requirements for homologation. The final result is calculated by subtracting the start time from the finish time for each skier's run and is then expressed to 1/100th (0.01) precision by truncating the calculated net time on course.

All times used for the final result must be from system A. If there is a failure of system A, a calculated net time from system B must be used following the same procedure as set out in art. 611.3.2.1. It is not permitted to substitute time-of-day times from system B for use with system A for the purpose of net time calculations. For all events, system A must be connected to its respective start gate contact. System B must be separately connected to another electronically isolated start gate contact.

Refer to the FIS Timing Booklet for more details regarding cabling and complete wiring descriptions, diagrams and start gate installations. All timing equipment and technical installation should be set up or protected in such a way that danger to the competitors is avoided where possible. Synchronisation of the timing systems must occur as close as possible to the scheduled start for the first run of the day.

Synchronisation of all systems must be maintained throughout each run. Timers must not be re synchronised during any run.

The Chief Timekeeper

612.4 The Chief Timekeeper

The chief timekeeper is responsible for the accuracy of the timing and synchronises the watches with the starter as shortly before and after the race as is possible. The chief timekeeper must publish unofficial times as quickly as possible (on the scoreboard, etc.). If the electric timing fails, the chief timekeeper must communicate immediately with the start referee and the TD, the equivalent electronic time report (see data booklet) must be prepared. The Jury must control and approve it. The report may also be shown to the representative of the nations concerned.

Interdiction to Continue after a competitor stops

614.2.3 Interdiction to Continue after a competitor stops

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If a competitor's skis come to a complete stop (e.g. after a fall), they must no longer continue through previous or further gates. If a competitor continues without their skis coming to a complete stop, they must not interfere with the run of the next competitor or be passed by the next competitor.

Starting Order for the 2nd and 3rd Run of a three run race

621.12 Starting Order for the 2nd and 3rd Run of a three run race

621.12.1 Starting Order for the 2nd Run of a three-run race

621.12.1.1 In competitions with three runs, the starting order for the second run is determined by the result list of the first run except for the first 30 places.

621.12.1.2 For the first 30 places the starting order is as follows:

- the 30th in the result list starts 1st
- the 29th in the result list starts 2nd
- the 28th in the result list starts 3rd
- the 27th in the result list starts 4th
- the 1st in the result list starts 30th
- from the 31st onward according to the result list of the first and second run.
If more than one competitor is ranked 30th, the competitor with the lowest start number will start first.

621.12.2 Starting Order for the 3rd Run of a three-run race

621.12.2.1 In competitions with three runs, the starting order for the third run is determined by the result list of the first and second run except for the first 30 places.

621.12.2.2 For the first 30 places the starting order is as follows:

- the 30th in the result list starts 1st
- the 29th in the result list starts 2nd
- the 28th in the result list starts 3rd
- the 27th in the result list starts 4th
- the 1st in the result list starts 30th
- from the 31st onward according to the result list of the first and second run.
If more than one competitor is ranked 30th, the competitor with the lowest start number will start first.

621.12.3 Starting Order for the 2nd and 3rd Run at ENL Races

The Jury has the right to decide no later than one hour before the start of the first run; whether the reversed order shall be reduced to the first fifteen placed competitors from the first run.

621.12.4 A start list for the second and third run must be published in good time and distributed to teams and officials.

621.123 Double Entries

Grounds for Interference

623.2 Grounds for Interference

623.2.1 Blocking of the ~~course racing line~~ by an official, a spectator, an animal or other obstruction.

623.2.2 Blocking of the ~~course racing line~~ by a fallen competitor who does not clear the course quickly enough.

623.2.3 Blocking of the ~~racing line~~ by a broken or detached pole caused by the competitor (Level 1, 2, 3, 4).

Three run slalom

803.2.2 Three run slalom

In a three run Slalom, each run must include at least two of the following combinations: vertical combination, hairpin combination, or delay gate combination.

Wording clarifications

- 602.4.2 Cancellations or postponements of events must be announced to the TD and to the FIS immediately, taking into account observing any applicable deadlines. Postponements must always have a future date, otherwise the event is considered cancelled. Cancellations and postponements are always shown on the FIS website.
- 613.4 Start Signals
~~10 seconds before the start, the starter will tell each competitor "10 seconds". Five seconds before the start, the starter should count "5, 4, 3, 2, 1" and then give the start command "Go - Partez - Los". (For Slalom see art. 805.3). If possible, an automatic audible signal is to be used (art. 611.2.1.3). The starter will let the competitor see the start clock.~~
If possible, a start clock with an automatic audible signal is to be used (art. 611.2.1.3). The starter will let the competitor see the start clock.
If a start clock is not used, 10 seconds before the start, the starter will tell each competitor "10 seconds". Five seconds before the start, the starter should count "5, 4, 3, 2, 1" and then give the start command "Go". (For Slalom see art. 805.3).
- 615.1.5 ~~c~~Competitors who have finished their runs, a special area separated from the actual finish, is to be provided. In this area or corridor, it should be possible to make contact with the press (print, radio, TV and film) located in the media corridors.
A special area, separated from the actual finish, is to be provided for competitors who have finished their run. In this area, it should be possible to make contact with the press (print, radio, TV and film) located in the media corridors.

Carbon shin shells

The Committee for Competition Equipment proposes to add the following article to the Specifications for Alpine Competition Equipment:

3.5.4 Shin Pads

No additional rigid parts are allowed to be worn as shin pads inside the boot. To treat medical issues, additional protection pads, as soft padding can be approved by FIS. Those pads must be made of soft material (e.g. gel, foam) and be flexible in all directions. Additionally, they cannot have a preformed, curved shape adapted to the leg and their size must not exceed the height and width of the ski boot tongue.

The Alpine Committee confirmed the prohibition to use Carbon shin shells, inside or outside the ski boots and refers for this prohibition, ICR art 222 and paragraphs.

Cut Resistant Undergarment

The use of cut-resistant undergarment pants is mandatory for all events/disciplines at category race level 0 and 1 from season 2025/2026 (July 1st 2025) onwards. The mandatory implementation requires a minimum protection level of 3 stars according to the FIS DITF test standard everywhere between the iliac crest and the onset of the ski boot.

Incorrect FIS Label on Dynastar Skis

We were informed by Groupe Rossignol that 266 pairs of skis (118 pairs of SL Women's and 166 pairs of GS Women's) were distributed with an incorrect FIS label.

The skis are correctly marked as "GS 188", but the label currently reads "SL Men WC." (*see picture below*).

The same situation applies to the "SL 157" skis for women.

The company is correcting this issue by covering the incorrect label with a sticker showing the correct denomination.

These skis have already been distributed across the USA and Canada.



Oberhofen 11.11.2025

2024年12月1日発行分

PRECISIONS AND INSTRUCTIONS FOR ALPINE SKIING FOR THE SEASON 2024/2025

EDITION NORTHERN HEMISPHERE (v. 09.11.2024)

https://assets.fis-ski.com/f/252177/x/3866ad0ad8/precisions-nh-2024_2025_13-11-2024.pdf

- 206.3 Member National Ski Associations
Each FIS affiliated National Ski Association that organises events in its country which are included in the FIS calendars, ~~has the authority as the retains ownership~~ of the event advertising rights ~~to enter into contracts for their sale provided they enter into a Media Rights Centralisation Agreement (MRCA) for so long as that MRCA remains in full force and effect.~~ In the case of FIS World Cup competitions these rights shall be defined in the Organiser Agreement upon approval of the FIS Council and considering the National Ski Associations responsibilities. In cases where a National Ski Association organises events outside its own country these FIS Advertising rules also apply.
If an NSA does not enter into an MRCA, FIS shall exclusively be entitled to enter into any agreement concerning the advertising rights of World Cup events awarded to that NSA.
- 208.1.2 *Rights owned by the member National Ski Associations*
Each FIS affiliated National Ski Association that organises events in its country which are included in the annual FIS calendars, ~~has the authority as the retains ownership~~ of the electronic media rights ~~to enter into contracts for the sale of the electronic media rights on those events provided they enter into a Media Rights Centralisation Agreement (MRCA) for so long as that MRCA remains in full force and effect.~~ In cases where a National Ski Association organises events outside its own country, these rules also apply, subject to bi-lateral agreement with the National Ski Association of the country where the event takes place.
If an NSA does not enter into an MRCA, FIS shall exclusively be entitled to enter into any agreement concerning the electronic media rights of World Cup events awarded to that NSA.
- 601.4.1.4 The Jury ~~of a women race~~ must include at least one woman person of different gender.
- 601.4.2.3 For international races, ~~for women~~ the Jury should ~~where possible~~ include a woman one person of different gender.
- 601.4.2.4 The Chief of Race ~~must should~~ belong to the organising National Ski Association.
- 601.4.5.6 The Minutes must be written in the language specified in the FIS Statutes (currently English language). ~~at least one of the FIS languages (English, French or German)~~.
- 611.2.2 Hand Timing
Manual (hand) timing, completely separate and independent of the electronic timing, must be used for all competitions listed in the FIS Calendar. Stopwatches or hand operated battery powered timers that are installed at both the Start and the Finish and capable of expressing the time of day to at least 1/100th (0.01) precision qualify as proper hand timing devices. They must be synchronised prior to the start of the first run, with the same time-of-day as system A and system B (see art. 611.2.1). Printed records, (either automatic or hand-written) or memorized electronically, of recorded hand times must be immediately available at the start and at the finish.