

WHAT ARE THE RULES?

The rules for skateboard slalom racing are rather simple:

- A course is marked on the street and each cone is circled, typically with chalk.



- A start is signalled and skaters head to the first cone of the course.
- Skaters must skate around the cones to the finish line.
- In most cases, no pushing or taking a foot off the board after the first cone til after the finish line.
- For each cone that is fully knocked out of its circle on the course, a time penalty is charged. These penalties are usually either 1/10th or 2/10ths of a second.
- Normally, a maximum of about 10% of the cones is allowed before the racer is disqualified (DQ)
- Going to the wrong side of a cone or going out of the course results in a DQ.
- In dual lane racing, the racers in each bracket skate twice, once in each lane. The times from both runs are added together and averaged for best time. The fastest combined average time then advance to the next bracket.

Criddling: purposely hitting a cone to go faster; *False Start:* jumping to an early start; *Pumping:* Using strength to accelerate around a turn; *Braking:* Conserving momentum and slowing down around a cone; *Conehead:* Course marshalls who attend the cones

Common Phrases in Slalom:

WHAT CAN I DO TO RACE?

Grass Roots Racing is an effort to promote and organize skateboard slalom racing at the local level. Skateboard slalom racing means having the equipment and the desire to ride. Many manufacturers are making and selling slalom-specific skateboards. Most have internet websites for more information on their products.

Sources for issues related to skateboard slalom racing are two internet websites with discussions and articles related to racing, events, skills, people in the sport and products:

- www.silverfishlongboarding.com
- www.Slalomskateboarder.com

The Northern California Downhill Skateboard Association and Slalomskateboarder.com provide links to manufacturers, races and issues related to skateboard slalom racing.



Also, talk to the racers. Feel free to ask questions and learn more about this sport and the people involved. Slalom skateboarders are some of the most effusive and energetic participants of any sport.



GRASS ROOTS SKATEBOARD SLALOM RACING

What It's All About
What Are The Rules?
Who Races Grass Roots Slalom?
What Can I Do To Race?

WHAT IS SLALOM SKATEBOARD RACING?

Slalom racing is one of the oldest forms of skateboarding. Ever since kids started nailing their roller skate wheels on a 2x4, they were setting up paper cups and tin cans as a course to ride. Once two skaters started to slalom, racing was the natural result. Slalom really is the original "sidewalk surfing."

Slalom skateboard racing involves a course using small plastic 9" cones in a pattern of either a straight line or zig zagged "offset turns." As skateboard slalom racing usually requires asphalt or concrete, a race normally involves community support to secure a street or parking lot for holding a race.

Skateboard slalom racing is a very straightforward event: start, run the course to the outside of each cone and do it in a time that's faster than opponents. Courses are usually set in two different styles:

- Tight slalom with cones spaced between 5-7 feet apart
- Giant slalom with cones sometimes spaced as far as 25 feet apart.

Speeds depend on the hill and the course, but slalom skateboarders reaching 30 mph is not unusual. It is really exciting to see a slalom skateboarder whipping through three or four cones *per second*. Courses can either be single-laned events with skaters racing against the clock or head-to-head dual lane events where the winner of a heat advances through a series of brackets.

For More Information On Your Local Skateboard Slalom Scene, Contact:

WHO RACES GRASS ROOTS SLALOM?

Skateboard slalom racing is attracting people from all walks of life all over the world. Engineers, salesmen, computer programmers, kitchen chefs and even NASA rocket scientists all find the thrill of skateboard slalom racing a tremendously exhilarating experience. Races are being organized all over the United States, South America, Japan, Europe and Australia. Skaters who raced in the 1960s are now running cones in their 50s against kids who weren't born during slalom skating's last glory days of the late 1970s. Father/Son teams are racing against each other as well and mothers racing and skating with their daughters. With skateboard slalom racing only needing a stretch of asphalt, the sport is a competitive and demanding exercise without the need to travel to a beach or ski slope. Anyone who wants to ride, wants to experience the fun and competition of racing and enjoys being involved in a great sport will want to explore slalom skateboard racing. Not only for themselves, but for the entire family.

Follow Today's Top 16 Racers At This Grassroots Slalom Skateboard Event!*

