

# Provincial Competition Rules

Ontario



2023 - 2024

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# Provincial Competition Rules ON



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## 1. PROVINCIAL COMPETITION RULES

Competitions follow the rules issued by the governing bodies of alpine ski racing in Ontario: Alpine Ontario Alpin (AOA), Alpine Canada Alpin (ACA), and the International Ski and Snowboard Federation (FIS). These rules apply during the current season from July 1 to June 30.

AOA issues these Provincial Competition Rules (PCR ON) and Precisions for competitions in Ontario under AOA sanction. These provincial rules and precisions:

- **clarify** the national/international rules, by adding more descriptive information to an existing national/international rule
- **modify** the national/international rules, by adjusting a national/international rule for provincial competitions
- **add** to the national and international rules, by adding a provincial rule that does not exist in the national/international rules

ACA issues the National Competition Rules (NCR) and other rules documents, which are available at <https://www.alpinepoints.ca/files/>.

FIS issues the International Competition Rules (ICR) and other rules documents, which are available at <https://www.fis-ski.com/>, including, but not limited to:

- [Alpine Documents](#)
  - International Competition Rules (ICR)
  - Precisions
  - FIS Points Rules
  - Memorandum for the Technical Delegate
  - Safety Material List
  - Homologated and Specifications for Flex Poles Alpine Courses
  - Homologated and Specifications for Gate Panels Alpine Courses
- [Marketing – Commercial Markings on Equipment](#) in FIS General Documents
  - Specifications for Alpine Competition Equipment
- [Alpine Timing & Data](#)
  - Alpine Skiing Timing Booklet
  - Timing Report User Manual
  - EET Calculator
- [Medical & ISS](#) in FIS General Documents
  - FIS Medical Guide

**NOTE: rules appearing in *blue italics* are the same as the ICR or NCR (not specific to the PCR) and are re-printed here in the PCR for clarity.**

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## 1.1. Eligibility

Athletes register with AOA and pay the annual registration fee online via [AOA SnowReg](#).

U14 and U16 OCup athletes are to complete a Fitness Test between **September 1<sup>st</sup>** and **December 31<sup>st</sup>**, and send results to Duncan Gibson-Maclean, [duncan@alpineontario.ca](mailto:duncan@alpineontario.ca) by **December 31<sup>st</sup>**. See [ACA Fitness Combine](#).

## 1.2. Prizes

219-ON **U16 U14** Rank 1-3 receive medals on the podium, rank 4-10 are recognized on stage.

**U12 U10** Rank 1-10 are recognized on stage.

All competitors and coaches should attend the prize-giving.

## 1.3. Classification - Year of Birth

607.3-ON (NCR 1.2.1)

*Table 1 Classification - year of birth*

<b>Classification</b>	<b>Competition Year 23/24</b>	<b>Competition Year 24/25</b>
<b>U8</b>	2017	2018
	2016	2017
<b>U10</b>	2015	2016
	2014	2015
<b>U12</b>	2013	2014
	2012	2013
<b>U14</b>	2011	2012
	2010	2011
<b>U16</b>	2009	2010
	2008	2009
<b>U18</b>	2007	2008
	2006	2007
<b>U19</b>	2007	2008
	2006	2007
	2005	2006
<b>U21</b>	2007	2008
	2006	2007
	2005	2006
	2004	2005
	2003	2004

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## 1.4. Provincial Finals

### 608-ON Youth Provincial Alpine Competitions – U16 & U14 Provincial Finals

608.1-ON U16 and U14 provincial finals are to be approved by AOA and published in the AOA Calendar.

608.2-ON Technical Delegates are proposed by the Ontario Officials Committee.

### 608.4-ON Quota regulations

608.4.1-ON See *Table 2 Provincial Finals Quota*. Any unused quota goes to the division hosting the provincial finals. Any further unused quota will be assigned by AOA.

608.4.2-ON Under normal circumstances, the max. number of competing athletes must not exceed 160.

*Table 2 Provincial Finals Quota*

Provincial Finals Quota	Female	Male
Lake Superior Division Alpine LSDA	6	6
National Capital Division NCD	12	12
Northern Ontario Division NOD	7	7
Southern Ontario Division SOD	55	55
<b>Field size</b>	80	80

### 608.5-ON Start Order

608.5.4-ON The divisional team captains are responsible for the identification of participants.

608.5.5-ON The starting order of the competitors is determined by drawing all competitors in one group before the first race of the series.

608.5.5.1-ON For the U16 5-race series, this order will be divided into 5 groups, referred to as groups A B C D E. Each group will be further divided into 4 subgroups, referred to as subgroups 1 2 3 4. The start order will be:

*Table 3 Provincial Finals U16 Start Order*

Race 1	A1	A2	A3	A4	B1	B2	B3	B4	C1	C2	C3	C4	D1	D2	D3	D4	E1	E2	E3	E4
Race 2	C3	C4	C1	C2	D3	D4	D1	D2	E3	E4	E1	E2	A3	A4	A1	A2	B3	B4	B1	B2
Race 3	E2	E3	E4	E1	A2	A3	A4	A1	B2	B3	B4	B1	C2	C3	C4	C1	D2	D3	D4	D1
Race 4	B4	B1	B2	B3	C4	C1	C2	C3	D4	D1	D2	D3	E4	E1	E2	E3	A4	A1	A2	A3
Race 5	D1	D2	D3	D4	E1	E2	E3	E4	A1	A2	A3	A4	B1	B2	B3	B4	C1	C2	C3	C4

608.5.5.2-ON For the U14 4-race series, this order will be divided into 4 groups, referred to as groups A B C D. Each group will be further divided into 4 subgroups, referred to as subgroups 1 2 3 4. The start order will be:

*Table 4 Provincial Finals U14 Start Order*

Race 1	A1	A2	A3	A4	B1	B2	B3	B4	C1	C2	C3	C4	D1	D2	D3	D4
Race 2	C3	C4	C1	C2	D3	D4	D1	D2	A3	A4	A1	A2	B3	B4	B1	B2
Race 3	B2	B3	B4	B1	C2	C3	C4	C1	D2	D3	D4	D1	A2	A3	A4	A1
Race 4	D4	D1	D2	D3	A4	A1	A2	A3	B4	B1	B2	B3	C4	C1	C2	C3

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- 608.5.6-ON **Start order 2nd runs** In competitions with two runs, the starting order for the second run is the reverse order of the 1<sup>st</sup> run start order, including competitors with a 1<sup>st</sup> run DSQ or DNF.
- 608.6.1-ON **Provincial finals** may include Slalom, Giant Slalom, Super-G, Parallel, or team competition (e.g., Mixed Team Parallel).
- 608.6.1.1-ON For U16 provincial finals, the 5-race series will include: SG, 2 x GS, 2 x SL.
- 608.6.1.2-ON For U14 provincial finals, the 4-race series will include: SG, GS, SL, PAR.
- 608.10-ON **Overall Provincial Champion** Points are assigned to athletes based on their results at provincial finals (see *Table 18 WC 500 Points*). The athlete with the most points is the Overall Provincial Champion. In case of a tie, there will be multiple Overall Provincial Champions.



## 1.5. Group Draw and Start Order

621.3-ON **U16 & U14** The starting order of the competitors is determined by drawing all competitors in one group.

621.3.1-ON **OCup U16 Series & OCup U14 Series** The starting order of the competitors for the SL series, GS series and the SG series is determined before the first race of the series.

621.3.1.1-ON For the OCup U16 SL, GS and SG series, each divisional group will be drawn in one group which will be divided into 4 subgroups, referred to as groups A B C D. Each subgroup will be further divided into 4 smaller groups, referred to as groups A1 to D4. The starting order of A1 competitors, from all divisions, is determined by drawing all A1 competitors in one group. All groups from A1 to D4 will be similarly drawn. This is referred to as the initial draw.

Athletes who are added to the race series after the initial draw will be added sequentially to D4, D3, D2, ... A1. If more than 16 athletes are added, the 17<sup>th</sup> athlete will be added to D4, etc.

If there are more than 4 races in the series, the 5<sup>th</sup> race will return to the start order for race 1, etc. The start order for the races in the series will be:

*Table 5 OCup U16 Start Order*

Race 1	A1	A2	A3	A4	B1	B2	B3	B4	C1	C2	C3	C4	D1	D2	D3	D4
Race 2	C3	C4	C1	C2	D3	D4	D1	D2	A3	A4	A1	A2	B3	B4	B1	B2
Race 3	B2	B3	B4	B1	C2	C3	C4	C1	D2	D3	D4	D1	A2	A3	A4	A1
Race 4	D4	D1	D2	D3	A4	A1	A2	A3	B4	B1	B2	B3	C4	C1	C2	C3

621.3.1.2-ON For the OCup U14 SL, GS and SG series, each divisional group will be drawn in one group which will be divided into 3 subgroups, referred to as groups A B C. Each subgroup will be further divided into 3 smaller groups, referred to as groups A1 to C3. The starting order of A1 competitors, from all divisions, is determined by drawing all A1 competitors in one group. All groups from A1 to C3 will be similarly drawn. This is referred to as the initial draw.

Athletes who are added to the race series after the initial draw will be added sequentially to C3, C2, C1, ... A1. If more than 9 athletes are added, the 10<sup>th</sup> athlete will be added to C3, etc.

If there are more than 3 races in the series, the 4<sup>th</sup> race will return to the start order for race 1, etc. The start order for the races in the series will be:

*Table 6 OCup U14 Start Order*

Race 1	A1	A2	A3	B1	B2	B3	C1	C2	C3
Race 2	B2	B3	B1	C2	C3	C1	A2	A3	A1
Race 3	C3	C2	C1	A3	A2	A1	B3	B2	B1

621.3.2-ON **Starting Order at Provincial Championships** As an alternative to 621.3-ON for provincial championships, the Jury will draw start numbers as per 608.5.5-ON.



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- 621.6-ON **The draw** should take place on the day before the race. For night races, the draw must take place at the latest before noon on the race day.
- 621.8-ON The draw should be held in a Team Captains' Meeting.
- 621.11-ON **U16 U14 Starting Order for the 2nd Run**
- 621.11.1-ON In competitions with two runs, the starting order for the second run is the reverse order of the 1<sup>st</sup> run start order, including competitors with a 1<sup>st</sup> run DSQ or DNF.



## 1.6. Course Setting

### 614.1.2.6-ON Course Setting

If multiple age categories are competing in the same course, course setting should be based on the specifications for one category older than the youngest category e.g., in a course set for U10, U12 and U14 racers, use U12 specifications. Maximum vertical drop for the youngest category should be respected.

**801.2.3** ***SL Gates** A gate must have a minimum width of 4 m and a maximum of 6 m. The distance from turning pole to turning pole of successive gates must be between 7 m and 11 m for U16 - U14 competitions. The distance between gates within combinations (hairpin or vertical) must be not less than 0.75 m and not more than 1 m. The gates in hairpin or vertical combinations must be set in a straight line. Delayed gates must have a minimum distance of 12 m and a maximum distance of 15 m from turning pole to turning pole for U16-U14 competitions. The distance between the gates within a delayed combination must be not less than 0.75 m from either turning pole.*

**801.2.4** ***SL Number of Direction Changes** (number of direction changes by rounding up or down of the decimals) for U16 - U14 competitions: 32% to 38% +/- 3 direction changes*

### 803.2.1-ON **SL Number of Gate Combinations**

- U16: minimum 2 and maximum 4 hairpin combinations and minimum 1 and maximum 3 vertical combinations consisting of 3 - maximum 4 gates.
- It must also contain a minimum of one and a maximum of three delayed turns
- U14: minimum 2 and maximum 4 hairpin combinations and minimum 1 and maximum 2 vertical combination consisting of maximum 3 gates.
- It must also contain a minimum of one and a maximum of three delayed turns

**901.2.3** ***GS Gates** The gates must be at least 4 m and at most 8 m wide. The distance between the nearest turning poles of two successive gates must not be less than 10 m. In U16-U14 competition the distance between turning pole and turning pole must be not more than 27 m.*

**901.2.4** ***GS Number of Direction Changes** The Giant Slalom has to be set as follows (number of direction changes by rounding up or down of the decimals): U16-U14: 13% - 18% of the vertical drop*

**1001.3.4** ***The Super-G** must be set as follows: (number of direction changes by rounding up or down of the decimals)*

*The distance between the turning poles of two successive gates must be at least 25 m (exception: art. 1003.1.1 It is recommended to set the gates to make the best use of the terrain; Gate combinations according to art. 803.3 are allowed only in small numbers. The distance between the successive turning poles can in this case be less than 25 m, but must be at least 15 m.).*

*U16-U14 competitions: minimum 8%, maximum 12% direction changes of the vertical drop.*



## 1.7. Parallel

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- 1229-ON **Timing** For Qualification, the individual run times are measured from start to finish. For Elimination Heats, the difference in time is measured at the finish.
- 1230.1.1-ON **Qualification:** All Parallels must have a qualification for all eligible competitors. The starting order for the Qualification shall be determined by drawing all competitors in one group. The fastest 8 competitors from the qualification will advance to the first round (round of 8) of the Elimination Heats. In case of a tie for the 8th position, the competitor with the higher bib number qualifies.
- 1230.4-ON **Quarter-finals – Elimination Heats**
- 1230.4.2-ON The losing four competitors are ranked according to time from the Qualification. (5th – 8th)



**2. SPECIFICATIONS FOR ALPINE COMPETITION EQUIPMENT**

**2.1. Skis**

*Table 7 1.1.2 Component A: Alpine Racing Skis*

<b>Parameter</b>	<b>Event</b>	<b>U14</b>	<b>U16</b>
<i>Ski length (cm)</i>	<i>SG Women</i>		<i>183 min</i>
	<i>SG Men</i>		<i>183 min</i>
	<i>GS Women</i>	<i>188 max</i>	<i>188 max</i>
	<i>GS Men</i>	<i>188 max</i>	<i>188 max</i>
	<i>SL Women</i>	<i>130 min</i>	<i>130 min</i>
	<i>SL Men</i>	<i>130 min</i>	<i>130 min</i>
<i>Radius (m)</i>	<i>SG Women</i>		<i>30 min</i>
	<i>SG Men</i>		<i>30 min</i>
	<i>GS Women</i>	<i>17 min</i>	<i>17 min</i>
	<i>GS Men</i>	<i>17 min</i>	<i>17 min</i>
<i>Waist (mm)</i>	<i>SG Women</i>	<i>65 max</i>	<i>65 max</i>
	<i>SG Men</i>	<i>65 max</i>	<i>65 max</i>
	<i>GS Women</i>	<i>65 max</i>	<i>65 max</i>
	<i>GS Men</i>	<i>65 max</i>	<i>65 max</i>

**2.2. Helmets**

*Table 8 1.6 - Crash Helmets*

<b>DH SG GS PAR</b>	<b>Safety Standards</b> ASTM 2040 EN 1077 (class A) EN 1077 (class A) at test speed of 6.8m/s + Label attesting conformity with FIS specifications for racing helmets “RH 2013” (10mm x 15mm)
<b>SL</b>	<b>Minimum standards</b> ASTM 2040 EN 1077 (class B)

**3.6.4** *Alteration/modification/additional element* The helmets shall be used without alteration/modification, as certified by the manufacturer. Furthermore, no additional element/equipment shall be affixed on the surface of the helmet.



## 2.3. Other Equipment

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3.4-ON **Competition Suits** are prohibited for U10.

3.5.1.1 **Definition** *The back protector is an additional item of equipment, which protects the athlete's back against weather and external forces.*

3.5.1.2 **Specifications** *The back protector must adapt to the anatomical bend of the athlete's spine and lie flat against the body. The top edge of the back protector must be situated in the area of the spinal column and may not go above the 7th cervical vertebrae (C7). The maximum thickness must be in the middle part and may not exceed 45 mm; the thickness reduces at the edges of the back protector. Designs with the alter to improve aerodynamic properties are forbidden. The back protector must be worn underneath the competition suit.*

3.5.1.3 **Recommendation for specifications for children** *Children under 12 years, U14 and U16 should use back protectors.*

3.6.6-ON No chin guards on helmets for SG and GS.

3.6.7-ON No hand guards on poles for SG and GS.

3.6.8-ON Mouth guards are recommended.

## 3. SPECIFICATIONS FOR FLEX POLES U14

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4.3.1-ON Length of upright pole above surface of snow max. 60"

4.3.2-ON Diameter of upright pole max. 27 mm



## 4. SPECIAL EVENT QUOTAS & SELECTION CRITERIA

### 4.1. U14 OCup Provincial Finals

Divisional team captains to send entries to [admin@alpineontario.ca](mailto:admin@alpineontario.ca) by the deadline of March 6<sup>th</sup>, 2024.

*Table 9 U14 OCup Provincial Finals*

<b>U14 OCup Provincial Finals</b>	<b>Female</b>	<b>Male</b>	<b>Date</b>	<b>Event</b>
Alpine Ski Club Craigleith Ski Club  Collingwood, ON	Total 80 See Table 2 Provincial Finals Quota	Total 80 See Table 2 Provincial Finals Quota	March 13-17, 2024	SG GS SL PAR

### 4.2. U14 CanAm

*Table 10 CanAm Team ON*

<b>CanAm</b>	<b>Female</b>	<b>Male</b>	<b>Date</b>	<b>Event</b>
Sugarloaf, ME	Total 15 LSDA reserve 1 NCD reserve 1 NOD reserve 1 SOD reserve 4 6 Appeal reserve 2	Total 15 LSDA reserve 1 NCD reserve 1 NOD reserve 1 SOD reserve 4 6 Appeal reserve 2	March 27-31, 2024	SG GS SL

Points are assigned to athletes based on their results at the U14 OCup Provincial Finals – see *Table 11 CanAm Qualifying Points* and *Table 18 WC 500 Points*.

For an athlete in a division’s reserve quota who does not qualify in the top 20 CanAm qualifying points, the divisional team captain from U14 OCup Provincial Finals must submit a request and supporting data to the AOA Athletic Committee by email to Duncan Gibson-MacLean, [duncan@alpineontario.ca](mailto:duncan@alpineontario.ca) by the deadline of **5:00 p.m. on March 18<sup>th</sup>, 2024**, at which time the Appeals Subcommittee of the AOA Athletic Committee will meet to assess all submissions on a case-by-case basis.

Athletes with the highest CanAm qualifying points, who are not already selected via the divisional reserve quota, will qualify for selection to the remaining quota.

*Table 11 CanAm Qualifying Points*

points for best 2 of 6 runs at U14 OCup Provincial Finals		+	points for best 2 of 4 races at U14 OCup Provincial Finals	
1. GS Run 1	4. SL Run 2		1. SG	3. SL
2. GS Run 2	5. PAR Quali. Run 1*		2. GS	4. PAR
3. SL Run 1	6. PAR Quali. Run 2			
*max. 1 PAR - if best 2 are PAR then use 1 <sup>st</sup> best + 3 <sup>rd</sup> best				

If required for event seeding purposes, ranking is based on event results from U14 OCup Provincial Finals. Ties will be broken by: (1) best run ranking (2) 2<sup>nd</sup> best run ranking (3) random draw.



## 4.2.1.1. Appeals

Appeals and supporting data must be submitted to the AOA Athletic Committee by email to Duncan Gibson-MacLean, [duncan@alpineontario.ca](mailto:duncan@alpineontario.ca) by the deadline of **5:00 p.m. on March 18<sup>th</sup>, 2024**, at which time the Appeals Subcommittee of the AOA Athletic Committee will meet to assess all submissions on a case-by-case basis.

Reasonable grounds for an appeal may include injury, illness or extenuating circumstances.

After all submissions have been processed, any unused quota will be assigned by AOA.

## 4.3. U14 Whistler Cup

*Table 12 U14 Whistler Cup Team ON1 and ON2*

<b>U14 Whistler Cup</b>	<b>Female</b>	<b>Male</b>	<b>Date</b>	<b>Events</b>
Whistler, B.C.	<u>Total 6</u> ON1 – 3 ON2 – 3	<u>Total 6</u> ON1 – 3 ON2 – 3	April 11-14, 2024	SG GS SL Team PAR

Athletes with the highest CanAm qualifying points will qualify for selection.

**AOA will not manage the selected athletes** – the athlete’s club will manage and coach the athlete. This provides the club an opportunity to increase their number of U14 Whistler Cup athletes, in addition to their club quota.

## 4.3.1.1. Appeals

Appeals and supporting data must be submitted to the AOA Athletic Committee by email to Duncan Gibson-MacLean, [duncan@alpineontario.ca](mailto:duncan@alpineontario.ca) by the deadline of **5:00 p.m. on March 18<sup>th</sup>, 2024**, at which time the Appeals Subcommittee of the AOA Athletic Committee will meet to assess all submissions on a case-by-case basis.

Note that athletic performance is not considered reasonable grounds for an appeal. Reasonable grounds for an appeal may include injury, illness or extenuating circumstances.

After all submissions have been processed, any unused quota will be assigned by AOA.

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## 4.4. U16 OCup Provincial Finals

Divisional team captains to send entries to [admin@alpineontario.ca](mailto:admin@alpineontario.ca) by the deadline of **March 1<sup>st</sup>, 2024**.

Table 13 U16 OCup Provincial Finals

U16 OCup Provincial Finals	Female	Male	Date	Event
Camp Fortune Ski Club Mont Ste Marie  Ottawa area	<u>Total 80</u> See Table 2 Provincial Finals Quota	<u>Total 80</u> See Table 2 Provincial Finals Quota	March 7-11, 2024	SG GS SL

## 4.5. U16 Eastern National Finals

Table 14 U16 Eastern National Finals Team ON

U16 Eastern National Finals	Female	Male	Date	Event
Osler Bluff Ski Club Georgian Peaks Ski Club  Collingwood area	<u>Total 30</u> Event winner reserve 5 21 Appeal reserve 4	<u>Total 30</u> Event winner reserve 5 21 Appeal reserve 4	March 20- 24, 2024	SG GS SL Team PAR

Points are assigned to athletes based on their results at the U16 OCup Provincial Finals - see Table 15 Eastern National Finals Qualifying Points and Table 18 WC 500 Points.

U16 OCup Provincial Finals event winners will qualify for selection.

Athletes with the highest Eastern National Finals qualifying points, who are not already selected via the event winners, will qualify for selection to the remaining quota.

Table 15 Eastern National Finals Qualifying Points

points for best 3 of 5 races at U16 OCup Provincial Finals
1. SL
2. SL
3. GS
4. GS
5. SG

### 4.5.1.1. Appeals

Appeals and supporting data must be submitted to the AOA Athletic Committee by email to Duncan Gibson-MacLean, [duncan@alpineontario.ca](mailto:duncan@alpineontario.ca) by the deadline of **5:00 p.m. on March 12<sup>th</sup>, 2024**, at which time the Appeals Subcommittee of the AOA Athletic Committee will meet to assess all submissions on a case-by-case basis.

Note that athletic performance is not considered reasonable grounds for an appeal. Reasonable grounds for an appeal may include injury, illness or extenuating circumstances.

After all submissions have been processed, any unused quota will be assigned by AOA.





## 4.6. U16 Whistler Cup Team ON1 & ON2

*Table 16 U16 Whistler Cup Team ON1 & ON2*

<b>U16 Whistler Cup</b>	<b>Female</b>	<b>Male</b>	<b>Date</b>	<b>Event</b>
Whistler, B.C.	<u>Total 6</u> ON1 – 3 ON2 – 3	<u>Total 6</u> ON1 – 3 ON2 – 3	April 11-14, 2024	SG GS SL Team PAR

Team Canada will be selected by ACA.

Points are assigned to athletes based on their results at the U16 Eastern National Finals – see *Table 17 U16 Whistler Cup qualifying points* and *Table 18 WC 500 Points*.

Athletes with the highest U16 Whistler Cup qualifying points, who are not selected to Team Canada, will qualify for selection to Team ON1 and ON2.

*Table 17 U16 Whistler Cup qualifying points*

<b>points for best 2 of 3 races at U16 Eastern National Finals, using ON athletes only</b>
1. SL
2. GS
3. SG

### 4.6.1.1. Appeals

Appeals and supporting data must be submitted to the AOA Athletic Committee by email to Duncan Gibson-MacLean, [duncan@alpineontario.ca](mailto:duncan@alpineontario.ca) by the deadline of **5:00 p.m. on March 12<sup>th</sup>, 2024**, at which time the Appeals Subcommittee of the AOA Athletic Committee will meet to assess all submissions on a case-by-case basis.

Note that athletic performance is not considered reasonable grounds for an appeal. Reasonable grounds for an appeal may include injury, illness or extenuating circumstances.

After all submissions have been processed, any unused quota will be assigned by AOA.



## 5. REFERENCE

*Table 18 WC 500 Points*

Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points
1	500	13	100	25	38	37	23	49	11
2	400	14	90	26	36	38	22	50	10
3	300	15	80	27	34	39	21	51	9
4	250	16	75	28	32	40	20	52	8
5	225	17	70	29	31	41	19	53	7
6	200	18	65	30	30	42	18	54	6
7	180	19	60	31	29	43	17	55	5
8	160	20	55	32	28	44	16	56	4
9	145	21	51	33	27	45	15	57	3
10	130	22	47	34	26	46	14	58	2
11	120	23	44	35	25	47	13	59	1
12	110	24	41	36	24	48	12	60	1

*Table 19 Glossary*

ACA	Alpine Canada Alpin	NG	Number of Gates
AOA	Alpine Ontario Alpin	NOD	Northern Ontario Division
CHI	FIS Children U16 U14	ICR	International Competition Rules
DC	number of Direction Changes	NCR	National Competition Rules
FIS	International Ski & Snowboard Federation	PCR	Provincial Competition Rules
LSDA	Lake Superior Division Alpine	SOD	Southern Ontario Division
NCD	National Capital Division	VD	Vertical Drop

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## 6. TECHNICAL DATA & COURSE SETTING TABLE

Table 20 Technical Data & Course Setting

EVENT		FIS	U16	U14
SL	VD	W 120 - 200m M 140 - 220m	100 - 160m	100 - <del>140</del> m
	DC	30% - 35% of VD (+/-3)	32% - 38% of VD (+/-3)	32% - 38% of VD (+/-3)
	Distance	6 - 13m	7 - 11m	7 - 11m
	Delay	12 - 18m	12 - 15m	12 - 15m
	# Combinations	1 - 3 delay	1 - 3 delay	1 - 2 delay
		3 hairpin min.	2 - 4 hairpin <sup>1</sup>	1 - 3 hairpin <sup>2</sup>
		1 - 3 flush 3-gate or 4-gate	1 - 3 flush 3-gate or 4-gate	1 - 2 flush 3-gate only
Poles		27mm	27mm 60" off the snow	
GS	VD	W 250 - 400m M 250 - 450m	<b>150 - 350m<sup>3</sup></b>	<b>150 - 300m<sup>4</sup></b>
	DC	11% - 15% of VD	13% - 18% of VD	13% - 18% of VD
	Distance	10m min	10 - 27m	10 - 27m
	Delay		35m max	35m max
	# Combinations		1 - 3 delay	0 - 3 delay
	Poles			
SG	VD	W 350 - 600m M 350 - 650m	<b>225 - 450m<sup>5</sup></b>	<b>200 - 350m<sup>6</sup></b>
	DC	7% of VD min	8% - 12% of VD	8% - 12% of VD
	Distance	25m min	<b>20m min<sup>7</sup></b>	<b>15m min<sup>8</sup></b>
	Combinations	15m min	15m min	15m min
PAR	VD	50m min	35m min	35m min
	DC	15 min	12 min	12 min
	Length	160m min	120m min	120m min
	Jumps	1 rec	1 rec	0
	Distance between courses	8m min	8m min	8m min
EVENT		FIS	U16	U14

<sup>1</sup> FIS U16 3 - 6 pin

<sup>2</sup> FIS U14 2 - 4 pin

<sup>3</sup> FIS U16 GS VD 200 - 350m

<sup>4</sup> FIS U14 GS VD 200 - 350m

<sup>5</sup> FIS U16 SG VD 250-450m

<sup>6</sup> FIS U14 SG VD 250-450m

<sup>7</sup> FIS U16 SG distance 25m min

<sup>8</sup> FIS U14 SG distance 25m min