



**U.S. Ski & Snowboard Alpine Course Setting Specifications (Scored and Non-Scored)**

	U10 and younger	U12	U14	U16 and Older
<b>Downhill (DH) 700 and U1253</b>	Distance between gates	<b>X</b>	Max. 50 m	As required
	Vertical drop			Max. 500 m <sup>1</sup>
<b>Slalom (SL) 800 and U1254</b>	Direction changes	<b>X</b>	As required	As required
	Distance between gates		Combination 4-6 m; Open 6-10 m; Delay 11-14 m	Combination 4-6 m; Open 7-11 m; Delay 12-15 m
<b>Giant Slalom (GS) 900 and U1255</b>	Vertical drop	Max. 100 m	Max. 140 m	Max. 160 m <sup>1</sup>
	Additional requirements	Max. 2 hairpins; Max. 1 vertical combination; Max. 1 delay gate	2-4 hairpins; 1-2 verticals (max. 3 gates); 1-3 delays	3-6 hairpins; 1-3 verticals (3-4 gates); 1-3 delays
<b>Super G (SG) 1000 and U1256</b>	Distance between gates	Open 15-22 m; Delay min. 8 m between successive gates and max. 30 m from turning pole to turning pole	Open 15-25 m; Delay min. 10 m between successive gates and max. 35 m from turning pole to turning pole	Open 15-27 m; Delay min. 10 m between successive gates and max. 35 m from turning pole to turning pole
	Vertical drop	Max. 200 m	Max. 250 m	Max. 350 m <sup>1</sup>
<b>Parallel</b>	Additional requirements	Variety of terrain suggested		
	Distance between gates	Open 22-35 m; Delay min. 10 m between successive gates and max. 45 m from turning pole to turning pole	Open 25-40 m; Delay min. 15 m between successive gates and max. 50 m from turning pole to turning pole	Open 25-45 m; Delay min. 15 m between successive gates and max. 55 m from turning pole to turning pole
<b>Kombi - SL/GS U1259</b>	Vertical drop	Max. 300 m	Max. 350 m	Max. 450 m <sup>1</sup>
	Additional requirements	Training run required (U1256.4) <sup>2</sup>	Min. of 1 jump recommended	Min. of 1 jump recommended
<b>Distance between courses</b>	Distance between gates	Variety of terrain suggested		
	Distance between courses	10-20 m	10-20 m	10-20 m
<b>Distance between gates</b>	Distance between courses	Min. 10 m	Min. 10 m	Min. 10 m
	Vertical drop	Max. 100 m	Max. 100 m	Max. 100 m
<b>Distance between gates</b>	Distance between gates	SL 6-10 m, GS 12-20 m	SL 6-10 m, GS 12-20 m	SL 6-10 m, GS 12-20 m
	Vertical drop	Max. 150 m	Max. 180 m	Max. 200 m

<sup>1</sup> In U19 and Older only competition, maximum vertical drop may be expanded to DH: 700 m, SL: 200 m, GS: 400 m for women and 450 m for men, SG: 600 m

<sup>2</sup> U1256.4 – Official training for U12 and U14 SG must include at least one SG training run prior to the first competition. Official training for U12 and U14 SG events is an integral part of the competition and all athletes are required to participate. In exceptional cases, which must be documented in the jury minutes, a controlled free-ski run may be authorized in lieu of an official training run. If racing with U16 athletes, U1256.4 applies: U14 and younger athletes must be provided a training run as provisioned in this rule.

\* Crossover between age categories for SL, GS, SG, Kombi and SkillsQuest is encouraged. Where multiple age classes are competing, course setting guidelines will be based on the guidelines for one class older than the youngest class (for example, if a race has U10, U12 and U14 racers, it should use the U12 course setting guidelines) except in DH where course setting guidelines will be based on the youngest class participating.

## Course Length Recommendations

The following are recommended course length targets measured by the winning time. These would be used as a reference to determine the appropriateness of the venue and course set for the given age. Factors taken into consideration include:

- Physiological factors - anaerobic system not well developed until post-puberty
- Attention span - young athletes are less capable of remembering a course and of concentrating on a task throughout a course
- Psychological factors - short courses make for smaller time gaps between racers, more racers feel they are in the mix
- Maturation rates - longer courses may advantage early maturers. In age class competition, this can be leveled. Early maturers should be able to compete against their older, biological age peers, on longer courses based on the rules for older ages in designated competitions.

	<b>U10</b>	<b>U12</b>	<b>U14</b>	<b>U16</b>
<b>Downhill</b>	X	X	30 – 60 sec.	45 – 75 sec.
<b>Slalom</b>	25 – 35 sec.	30 – 40 sec.	35 – 45 sec.	40 – 50 sec.
<b>Giant Slalom</b>	30 – 40 sec.	35 – 45 sec.	45 – 55 sec.	55 – 65 sec.
<b>Super-G</b>	X	35 – 45 sec.	40 – 60 sec.	45 – 70 sec.
<b>Kombi</b>	30 – 40 sec.	35 – 45 sec.	40 – 50 sec.	45 – 60 sec.
<b>Parallel *</b>	20 – 30 sec.	20 – 30 sec.	20 – 30 sec.	25 – 35 sec.