

ALBERTA ALPINE SETTING RULES FOR CHILDRENS RACING 2022_2023

Age	DISCIPLINES	KOMBI	DUAL	SLALOM	GIANT SLALOM	SUPER-G
U10	NUMBER OF TURNS	25 Max	SL 25-30 GS 25 Max	Recommended 25-30 direction changes	25 MAX	
	GATE DISTANCE	Vertical Distance 7-18M	SL 7-10M GS 14-18M	7-10M	14-18M	
	TYPE OF GATE	Panelled Gate	Panelled Gate	Panelled Gate	Panelled Gates	
	TURN SHAPE	1/2 to full	1/2 - 3/4 1/2 - 3/4	1/2 to full	3/4 to full	
	COMBINATIONS	No Combos or delays, 4 sections	none	no combos or delays	No delay gates	
	NUMBER OF RUNS	multiple single run races	multiple	multiple single run races	multiple single run races	
	INSPECTION	Slip through only, no stopping	Slip through only, no stopping	Slip through only, no stopping	Slip Through only, no stopping	
	SNOWSTARS	2,3,4	2,3,4	2,3,4	2,3,4	
U12	NUMBER OF TURNS		SL 20-30 GS 20-25	25-35	25-35	
	GATE DISTANCE		SL 6-10M GS 15-18M	Vert 6-9M, Comb 4-5.5m	15-18M MAX	
	DELAY DISTANCE		none	1 delay optional, 11-14M	Min 8m in delay, MAX 24m	
	TYPE OF GATE		Panelled Gates Gates. 25-27 MM	Stubbies, Pannels, & 60°OTS gates	Panelled Gates Gates. 25-27 MM	
	TURN SHAPE		1/2 - 3/4 1/2 - 3/4	1/2 to Full	3/4 to Full	
	COMBINATIONS		none	**No outside gates on combinations** 1-2 Hairpin, 1 flush (3 gates)	1-2 delays optional	
	NUMBER OF RUNS		multiple with timing	multi single run races	multi single run races	
	INSPECTION		Slip through only, no stopping	Slip through only, no stopping	Traditional	
	SNOWSTARS		4, 5, 6	4,5,6	4,5,6	
	SAFETY		Head, Mouth*, Spine*	Head, Mouth*, Spine*	Head, Mouth*, Spine*	
U14	VERTICAL		80M-100M	100M-160M	200M-350M	250M-450M
	NUMBER OF TURNS		20-30	* 32%- 38% +/- 3 of vertical drop *	* 13%-18% of vertical drop *	* 8%-12% of vertical drop *
	GATE DISTANCE		SL 9-12M	Vert 7-10M, Comb 4-5.5M	18-24M,	30-40m
	DELAY DISTANCE		none	Delay 12-15M max	min 9M in delay, MAX 30M	min 15m in delay Max 45
	TYPE OF GATE		Panelled Gate	Single Pole SL 27mm gates	Panelled Gates 27mm gates	Panelled Gates 27mm gates
	TURN SHAPE		1/2 - 3/4	All Types	3/4 to full	Control Speed
	COMBINATIONS		none	2-4 Hairpin, 1-2 flush (3 gates), 1 Delay	Max 3 Delays	Delays Permitted
	NUMBER OF RUNS		multiple with timing	Multi Single Run Races	Multi Single Run Races	Multi Single Run Races
	SNOWSTARS		5, 6, 7	5, 6, 7	5, 6, 7	5, 6, 7
	SAFETY		Head, Mouth*, Spine*	Head, Mouth*, Spine*	Head, Mouth*, Spine*	Head, Mouth*, Spine*
U16	VERTICAL		80M-100M	100M -160M	200M-350M	250M-450M
	NUMBER OF TURNS		SL 20-30	32%- 38% +/- 3 of vertical drop +/- 3 Direction changes	13%-18% of vertical drop +/- 2 direction changes	8%-12% of vertical drop
	GATE DISTANCE		10-13M	Vert 6-11M, Comb 4.5-6M,	27M MAX,	35M-50M
	DELAY DISTANCE		none	Delay 12-15M max	min 10m in delay Max 35m	min 15m in delay
	TYPE OF GATE		Panelled Gate	27mm gates	Panelled Gates 27mm gates	Panelled Gates 27mm gates
	TURN SHAPE		SL 3/4 GS 1/2 - 3/4	All Types	All Types	Control Speed
	COMBINATIONS		none	3-6 Hairpin, 1-3 Flush (3-4 gates), 1-3 Delay	1-3 Delays (optional)	Delays Permitted
	NUMBER OF RUNS		multiple with timing or Knockout	Traditional	Traditional	Multi Single Run Races
	SNOWSTARS		Head, Mouth*, Spine*	Head, Mouth*, Spine*	Head, Mouth*, Spine*	Head, Mouth*, Spine*
	SAFETY		Head, Mouth*, Spine*	Head, Mouth*, Spine*	Head, Mouth*, Spine*	Head, Mouth*, Spine*

* Recommendation *

ALL ATHLETES U14 AND OLDER MUST HAVE FIS STICKERED HELMET FOR GS/SG/DH/SX IN ALL AASA SERIES

SL/GS KINDER KOMBI will be skied on SL skis in AASA sanctioned races

GS/SG KINDER KOMBO will be skied on GS skis in AASA Sanctioned races

NGSL Inspection is ski through only. There is no stopping on track during inspection! This applies to all events. U12 Dual AND SL no stopping slip through only

All technical event courses (SL, GS, KK, PSL) will be set to single gate standards as per ICR (First gate, Last Gate, Delayed Gate, Vertical combos) unless otherwise stated by AASA