



Approved By: Management

Effective Date: September 2011

Updated: November 2022

## Alberta Alpine Ski Association

### Policy Title

3.9 Race Guidelines, Policies and Rules

### Policy Objective

General Guidelines, Rules and Policies for Alberta Alpine Competitions.

### Procedure

#### Event Planning Guidelines

The following information is to provide operating guidelines for clubs running Alberta Alpine sanctioned events. The purpose of these guidelines is to ensure all events are operated to provincial standards with consistent timelines, budgeting and race quality.

#### 1. Officials Requirement and Safety

- 1.1. All chiefs involved in a Race Organizing Committee should have completed a minimum of Level II Officials Training.
- 1.2. ROCs may appoint a chief of medical to oversee any incidents, however all ROCs must work with their venue and follow the safety protocols established by those resorts and ski patrol.
- 1.3. Clubs should be proactive in training and mentoring their members through the Race Officials Training Program. All volunteers working "inside the fences" should hold at least their Level 1 officials' certification and must be General Members of Alberta Alpine.

#### 2. Race Notice

- 2.1. The draft race notice with the event budget must be submitted to Alberta Alpine (as a Word Document) six weeks prior to the race. A budget template is available on the Alberta Alpine website.
- 2.2. The race notice will be posted on the Alberta Alpine website upon approval of the race notice and budget. Please use the standard race notice template available on the Alberta Alpine website (<http://albertaalpine.ca/community-member-resources/roc-information/>).

#### 3. Budget Guidelines

- 3.1. The budget for entry fees should be developed with the goal of covering all direct expenses and overheads and may include a small residual for the club). Sponsorship revenue in cash or value in kind generated by the club does not form part of this calculation and may be used to increase the club's benefit from the race.
- 3.2. It is recognized that ROC costs vary widely depending on the type of event, ski area charges, safety requirements, and other factors. Race entry fees will therefore vary from event to event.
- 3.3. FIS calendaring fees for each calendared codex will be forwarded to the host club for payment. This will be done upon the delivery of this invoice from Alpine Canada and FIS.
- 3.4. The Alberta Alpine's race entry levy will be applied for the 2022-23 season \$5 for every first run starters per day for all age categories U14 and up will be applied. This directly supports the Alberta Ski Team



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3.5. Maximum entry fees for each age group are as follows:

- NGSL \$35/day;
- U12 \$35/day;
- U14 \$50/day;
- U16 Tech \$50/race start;
- Regional \$50/day;
- U16 Speed \$50/race start;
- WSX \$50/day;
- FIS Tech \$60/ race start;
- FIS Speed \$75/ race start;

3.6. Fees do not include the added costs of lift tickets, food or extras. Higher entries for speed events must be related to increased costs for additional safety.

3.7. Official training days (WSX, SG, DH, etc) should have a minimal fee.

3.8. Financial Consumer Agency of Canada reports that according to MasterCard and Visa merchant rules, merchants cannot charge a fee (surcharge) when you use your credit card. American Express requires its merchants to treat American Express cards the same way they treat other payment products. Note that, under the Code of Conduct for the Credit and Debit Card Industry in Canada, merchants may choose to offer some discounts for payment methods that cost less, but they are not required to do so.

#### 4. Prizing

4.1 Alberta Alpine will provide medals and ribbons (when applicable) for all Provincial Series races.

- Provincial Series (U12/U14/U16) – Top 10
- FIS (U19 & U21) – Top 3
- North Zone Regional (U14/U16/Open) – Top 6
- Western Ski Cross (U14/U16/Open) – Top 3

4.2 Unless secured through sponsorship, the distribution of athlete gifts such as T-shirts and similar items should not be done.

4.3 ROC's are encouraged to apply the resources formerly used for athlete gifts toward reduced entry fees and increased volunteer recognition or social opportunities.

#### 5. Race Volunteer Commitments

5.1. Host clubs are encouraged to utilize as many volunteers as possible from their own club to run their event.

5.2. When volunteer/officials are required from other clubs, recruitment procedures should be detailed on the race notice. A mandatory volunteer list or quota from each club is not allowed.

#### 6. Race Kits

6.1. Race kits include; Bibs, Gate Panels, Sponsor Materials (if applicable) & Awards (if applicable).

6.2. Race Administrators should contact Member Services, Alberta Alpine at least four weeks prior to event to arrange pick up of race kits. It is the responsibility of the host club to pick up and return the race kit to Alberta Alpine or the next series event's host club.

6.3. Bibs are to be sorted in order prior to return and must not be altered with duct tape, magic marker, or by any other means.

6.4. Missing or damaged gate panels, bibs, banners, etc. should be noted when the equipment is returned. Some wear and tear is normal and ROC's will not be charged for this. For example: a torn GS panels or a missing bib that had to be cut off an injured athlete will not incur charges, but 10 missing gate panels will. Please notify Alberta Alpine of any missing bibs PRIOR to passing the race kit onto the next event.



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## **7. Race Entry Deadline**

- 7.1. The deadline for race entries is 7 days prior to the 1<sup>st</sup> day of competition at 1800hrs, for non-FIS events. FIS rules will apply for FIS events. See Appendix 1 for *NZ & SZ NGSL race entry policy*.
- 7.2. Minor changes to the entry due to individual athlete illness, injury or similar circumstance are permitted prior to the draw.
- 7.3. Late entries may be accepted at the discretion of the ROC.

## **8. Team Captains Meetings**

- 8.1. The team captains meeting should be scheduled for the evening prior to the event or morning of to allow out of town coaches to be in attendance at the meeting.

## **9. Results**

- 9.1. Race results must be emailed to Alberta Alpine as soon as possible after the race (the same day if possible) to the following email addresses: [memberservices@albertaalpine.ca](mailto:memberservices@albertaalpine.ca).
- 9.2. Race results must also be uploaded to the Alpine Points site and the FIS website (if applicable) within one hour of the completion of the race.

## **10. Awards Ceremony**

- 10.1. NGSL, U12, U14, U16 Athletes are not permitted to bring skis or ski equipment onto the podium at AASA sanctioned events
- 10.2. ROCs are encouraged to run awards as quickly as possible following completion the race. At AASA sanctioned races, ROC's are encouraged to begin awards following the closing of the protest period using unofficial results.

## **11. Sponsorship Execution**

- 11.1. A representative of the ROC must be in communication with the Alberta Alpine office at least 2 weeks prior to the event to make arrangements to pick up sponsor materials and to discuss specifics of sponsor fulfillment.
- 11.2. Transportation and setup of all sponsor materials is the responsibility of the host club.
- 11.3. All sponsor materials must be conveyed to the next host club in the series within 2 days following the race. At the end of the season, following the series finals, all materials must be returned to the AASA office within 2 days arranged by the club who hosts the final race series.
- 11.4. All ROC's should be in communication with the host resort to ensure AASA series sponsor materials can be placed within the race arena and awards area. Placement of series sponsor materials represents a vital aspect of sponsorship activation that is essential to AASA maintaining sponsors to minimize the cost of competition within Alberta.

## **12. Gate Keeping**

- 12.1. ROCs at AASA Sanctioned NGSL, U12, U14, U16 provincial and regional series are not required to provide gate keepers. In lieu of Gate keepers Jury members and coaches will be required to fulfill Gate keeping duties. In the event of the jury not having complete sight lines of the course, the ROC/ Jury may choose to appoint officials to ensure all gates are supervised. ROCS should be encouraged to redirect human resources into course maintenance positions, or to reduce volunteer costs ultimately benefiting athletes.



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## Competition Policies and Rules

### Series/Selection Scoring

Alberta Alpine uses the following scale to rank skiers competing in the Regional Series, U16, and the Alberta Cup Series (No series points posted for U14 or younger in any series):

Finish Position	Series Points	Finish Position	Series Points
	Provincial / Zone		Provincial / Zone
1	100 / 50	16	15 / 7.5
2	80 / 40	17	14 / 7
3	60 / 30	18	13 / 6.5
4	50 / 25	19	12 / 6
5	45 / 22.5	20	11 / 5.5
6	40 / 20	21	10 / 5
7	36 / 18	22	9 / 4.5
8	32 / 16	23	8 / 4
9	29 / 14.5	24	7 / 3.5
10	26 / 13	25	6 / 3
11	24 / 12	26	5 / 2.5
12	22 / 11	27	4 / 2
13	20 / 10	28	3 / 1.5
14	18 / 9	29	2 / 1
15	16 / 8	30	1 / 1

In case of a tie both athletes will receive the points for that position and the points for the next position will be unassigned.



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### Start Positions

- Entry Level races (NZ & SZ NGSL) are seeded in club order, which is determined by random draw.
- U12 Provincial Series races are seeded in club order, which is determined by random draw.
- U14 Provincial Series races are seeded as per Appendix 2 *U14 Start Order Procedure* that is updated annually
- U16 Provincial Series races are seeded using National points.
  - For U19 athletes starting U16 provincial series see Appendix C
- Regional Series races are seeded using National points.
- The start numbers of the top 15 eligible skiers on the current points list (plus ties if any) will be randomly drawn. The remaining skiers will start in point order. Start position for skiers with no points will be determined by random draw.
- The reverse-30 rule will be used for the 2nd run of all two run races regardless of age.
- Specific seeding rules apply for Para-Alpine athletes. ROC's should contact Alberta Alpine for details.
- FIS races are seeded using FIS points as per the rules of the FIS ICR.

### Participant Code of Conduct

The Participant Code of Conduct applies to all members of the Alberta Alpine Ski Association including competitors, coaches, parents, and officials. All participants are required to observe the following Code of Conduct:

- Practice safe skiing as described in the Alpine Responsibility Code and ICR.
- Respect competition and training rules established by the FIS, Alpine Canada Alpin, Alberta Alpine, and Race Organizing Committees.
- Represent Alpine Skiing in a manner that respects the principles of Fair Play and reflects positively on our sport.
- Recognize contributions being made by volunteers, sponsors, clubs, ski areas and other supportive groups or individuals.
- Take full responsibility for his/her actions while participating in alpine skiing and related events
- Pay all fees due to their clubs or to AASA in a timely manner.
- Refrain from any act of dishonesty.
- Respect Alberta Alpine's Smoke Free policy and refrain from the use of any tobacco product at any Alberta Alpine event.
- Abstain from the consumption of alcohol during any Alberta Alpine event, unless permitted by law.
- Refrain from the use or possession of performance enhancing substances which are restricted by the Canadian Centre for Ethics in Sport, the FIS, or the World Anti-Doping Agency.
- Refrain from any form of harassment.
- Participants will not commit an indictable offence under applicable Federal, Provincial or State law.
- Athletes are also required to satisfy Alberta Alpine Policy 3.2, Athlete Code of Conduct.

### Sanctions

- The Race Jury may sanction a participant during official training or competition.
- Alberta Alpine clubs have the authority to sanction their own members.
- Alberta Alpine has the authority to sanction a participant who is participating on Alberta quota, at limited quota events, but not a member of the Alberta Ski Team.



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### **Appeal of Sanctions**

- Any participant may appeal a sanction imposed on him/her by Alberta Alpine or a Race Organizing Committee by submitting a written appeal to the Alberta Alpine Appeals Committee (via AASA President) within three days of the imposition of the sanction.

### **Canada West Ski Areas Association may sanction a participant for breach of the Participant Code of Conduct and/or the following infractions:**

- Jumping off chair lifts at any point before or past the unload point
- Willfully swinging or bouncing chairs or other carriers
- Leaving the defined track on a T-bar or other surface lifts
- Swearing and foul language
- Verbal or physical abuse of resort area staff
- Disregard for other resort users peaceful enjoyment of the facilities

### **Sanctions of participant may consist of the following measures:**

- Restricted from using the lift facilities, but will be free to hike to the start
- Restricted from the resort and facilities
- Disqualified from the competition
- Restricted from the resort hotel

### **Drug Free Sport**

Alberta Alpine fully supports drug free sport and the policies of the F.I.S., the World Anti-Doping Agency (WADA), and the Canadian Centre for Ethics in Sport (CCES). Competitors at the national or international level may therefore be subject to, in or out of competition, testing for performance enhancing substances.

Coaches and competitors are encouraged to consult the following web sites to familiarize themselves with the most current policies and procedures:

- FIS [www.fis-ski.com](http://www.fis-ski.com)
- CCES [www.cces.ca](http://www.cces.ca)
- WADA [www.wada-ama.org](http://www.wada-ama.org)



## ALBERTA ALPINE

### Entry Level Programs

#### NANCY GREENE SKI LEAGUE/U12 RACESERIES

Who: Competitors aged 4 to 11 (as of December 31<sup>st</sup> of the current year).

AIM 2: Skier Essentials – Learn to Train

Where: Club, Zone, Provincial

#### Introduction

The Nancy Greene Ski League is a national program, inaugurated shortly after Nancy Greene Raine's Gold Medal win at the 1968 Grenoble Olympic Winter Games. Since then, the program has been successful in introducing thousands of children to alpine skiing. Many of Canada's top international skiers received their early training in Nancy Greene Ski League programs (NGSL).

The program introduces children to basic ski techniques and skills, basic safety rules, and teamwork. Enjoyment of the sport and the mountain environment is also emphasized. The program is aligned with the Skier Essentials and Learn to Train phases of the ACA Long Term Skier Development Model, and the ACA Snow Stars Skill Achievements Program.

The Nancy Greene Ski League also introduces children to competition. These events, held at the club, zone, and provincial level, provide young skiers the opportunity to test the skills they have learned in the program in a fun and friendly environment. The emphasis in competition is placed on individual progress, team results, camaraderie, and fair play.

Entry Level programming and competition is considered all programming for athletes aged 4-11 years of age. There are two primary age categories U12 (10-11 year olds) and U10 (4-9 years old), however additional age categories can be used for awards at events (U8, U6).

#### Competitions

There are two levels of competition, U12 Provincial Series Races and NGSL North and South Zone Races.

- U12 Provincial Races are only for athletes aged 10 and 11 from all clubs in Alberta. There will be Four events on the calendar that will use Ski Cross, paneled and dual SL, and GS as their race formats. The goal of this race series is to prepare the athlete for their future in U14 racing. The U12 Provincial race should remain the main competition focus for u12 (10 and 11 year old) athletes. All U12 races will be run in single run race format. These races will be set to the U12 course setting rules as outlined in the AASA Course Setting Rules. For a U12 athlete in a 55-75 day program, they should target between 8-12 days of racing. All U12 races will be posted on the AASA calendar
- Zone NGSL Races are for both the U12 and U10 age categories. Clubs must race with in their Zone. The U10 NGSL zone races remain focused on u10 and below aged athletes. These races will be set to the U10 race rules as outlined in the AASA Course Setting Rules. For a u10 in a 47-55 day program they should target approximately 6 days of racing. For u8 and below in a 47 day program they should target approximately 4 days of racing. All NGSL races will be posted on the AASA calendar.

#### Zones

Clubs have been assigned to one of two different zones based on geographical location and registered

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entry level numbers in that area. U12 athletes can participate in both the U12 Provincial events and their club's zone races.

- North Zone
  - Clubs: Cold Lake, ESC, Fort McMurray, Nitehawk, Parkland, Rabbit Hill, Red Deer, Snow Valley, Sunridge, Valley.
- South Zone
  - Clubs: Snoflyers, COP, Elkwater, Mount Allan, Skimeisters, Sunshine, Westcastle, Bow Valley Quickies, Jasper\*, Lake Louise, Team Panorama, Team Panorama West.  
*\*Jasper can participate in JJO's (Jasper Junior Olympics), even though they are a South Zone club.*

### Club Programming

Clubs have the most important role in Entry Level programming. These are the essential years in providing an environment to enhance the skill development of our young ski racers. Clubs should actively engage in selection of starts for u12 & u10 athletes. U12 aged programming and below should provide maximum time for our skiers to learn skills and develop a love for the sport. Please refer to the Alberta Alpine Club Program Guidelines or the Alpine Canada Alpin AIM 2 WIN for more details on program information for these age groups. Clubs are still welcome to host club events or inter club challenges; however, these will not be calendared on the Alberta Alpine website.

### Standards

- Each participant must be a member in good standing of an Alberta Alpine Club and registered member of the Alberta Alpine Nancy Greene Ski League.
- Each coach must be a member in good standing as an accredited ACA CSC coach.
- Races and events must be sanctioned by Alberta Alpine and Alpine Canada Alpin.
- TD's for all sanctioned races will be appointed by AASA and the AASA officials chair and TD coordinator.
- Clubs are expected to be proactive in coach education and to work with Alberta Alpine to up-skill their coaching staffs. This includes providing coaching mentorship for coaches working toward full ACA CSC certification as Entry Level Coaches.

### Series Communications Only for U12 Provincial Series

In an effort to streamline communications for ROC and coaches there will be a traveling Whatsapp group for the series this season

<https://chat.whatsapp.com/CemGFFVCKnvEC0a0JqxrYN>





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### **Important Race and Event Rules**

This is a partial list; details of the rules for Alpine Ski Racing are detailed in the ICR.

Please see: <http://www.fis-ski.com> for further information or contact the Alberta Alpine office.

1. The ICR Children's rules, Alpine Canada Alpin guidelines, and the Alberta Alpine NGSL Course setting rules, Race & Event Rules govern Nancy Greene Ski League events in Alberta.
2. The use of crash helmets is compulsory for all events. Helmets used must be specifically designed and manufactured for Alpine Ski Racing.
3. The use of crash helmets is strongly recommended for all coaches and volunteers.
4. The use of mouth protection and back protectors specifically designed for Alpine Ski racing is strongly recommended for all competitors.
5. Speed suits are permitted at all NGSL Zone and U12 events.
6. Inspection will be a ski through inspection only. There will be no stopping permitted on the track during inspection.
7. NGSL races are seeded in club order, which is determined by random draw. U12 races are seeded by club order which is determined by random draw. Please refer to the Alberta Alpine event guidelines for specific details.
8. The host club, in conjunction with Alberta Alpine, will decide the maximum quota of racers from visiting teams if venue capacity is an issue.
9. All racers must be accompanied by a certified coach during course inspection.
10. The Team Captain's Meeting should be held the night before, or the morning of the first day of racing.
11. Awards should be within one hour of the end of the race and should last less than 30 minutes. Award categories are exclusively U12, U10, U8, U6



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## **SNOW STARS PROGRAM**

Who: Competitors aged 4 to 13 (as of December 31<sup>st</sup> of the current year)

AIM 2: Skier Essentials – Learn to Train

Where: Clubs and Ski Areas

### **Introduction**

Snow Stars, Alpine Canada's skill development program for young skiers, will guide children, parents and coaches through the appropriate skill progression. The goal of Snow Stars is to provide a solid foundation and knowledge base – physical, technical, tactical, and mental – to build children's athletic abilities.

The Snow Stars Program consists of seven levels, which prioritize key skills that children need to progress from beginner to advanced levels of ski racing. Each level is a guide for the coach to design a training plan that ensures competency in fundamental motor skills and fundamental skiing skills. Children will also learn about ski safety, cooperation, independence, listening skills, self-confidence, goal-setting, group/peer learning and task focused activities.

Further information about the Snow Stars Program can be found in the Snow Stars Parents and Coaches Manual and from your program Head Coach.



## ALBERTA ALPINE

### KINDER PROGRAMS

Who: U14/U16 Competitors aged 12 to 15 (as of December 31<sup>st</sup> of the current year)

Skill Level: Long Term Skier Development - Learn to Train / Learn to Race

Where: Provincial - National

#### Standards

- Each competitor must be a member in good standing of an Alberta Alpine club and registered with Alberta Alpine for a National Competitor Card.
- Each coach must be an Accredited ACA CSC coach. A minimum of Development Level Certified coach certification is recommended for each club's U14 and U16 Head Coaches.
- Course Setters and Referees should be at least ACA Development Level coach and must have attended Annual AASA course setter and referees training in order to set at the U14 and U16 level. Course setters will be determined by AASA Athletics staff and the appropriate PAC age group representative. Mentor coaches are available for those coaches with lesser experience.
- Competitions must be sanctioned by Alberta Alpine and Alpine Canada Alpin and conform to the Kinder standards of the International Competition Rules (ICR), Alpine Canada Alpin, and Alberta Alpine Ski Association policies.
- The use of FIS sanctioned helmets as per ACA Domestic rules are compulsory for all events. Helmets used must be specifically designed and manufactured for Alpine Ski Racing as per ACA and FIS policy.
- The use of crash helmets is strongly recommended for coaches and volunteers.
- The use of mouth guards and back protectors specifically designed for Alpine Ski Racing is strongly recommended for all competitors.
- Competitors' equipment must conform to Alpine Canada Alpin National Equipment Rules. ACA and AASA do not specify any restrictions regarding ski length and radius for national events unless otherwise stated. Physical development, ability and skills must be considered for equipment.
- Athletes competing in FIS events must compete on equipment which complies with FIS rules.
- The age standards allow athletes to remain in U14 for an extra season when it is indicated by their athletic development. Junior age athletes who are not racing FIS on a full-time basis may compete in U16 events. Athletes racing out of category must receive an "Out of Category Authorization" which can be applied for by the home club coach or program director.
- If there are sufficient entries the Race Organizers may also award prizes in a u19 category. Please see more information in Appendix C "U19 entry at U16 provincial series memo"
- More detail on competition rules can be accessed at [www.fisski.com](http://www.fisski.com)
- All AASA Sanctioned U14, U16, and regional series races will be set in accordance to AASA Course Setting Rules.

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### U14 PROVINCIAL RACE SERIES

Who: Competitors aged 12 and 13 (as of December 31<sup>st</sup> of the current year)  
Skill Level: Alpine Integration Model, Learn to Train  
Where: Provincial and Inter Provincial

#### Introduction

The U14 Series is a provincial program intended to progress young skiers from the Learn to Train to the Learn to Race stages of skill development. The program provides a competitive series for 12 and 13 year old skiers, which allows them to test their skills against their peers at a provincial level.

The U14 program also develops ski specific physical and mental skills, and continues to develop the technical skills learned in the Nancy Greene Ski League. The Snow Stars program is an excellent teaching tool, and clubs should pursue the goal of having a high percentage of U14 skiers achieve Level 7.

All u14 Provincial series races will be conducted in single run race formats to encourage aggressive and high risk skiing in every race run and set to AASA course setting rules.

#### Series Communications

In an effort to streamline communications for ROC and coaches there will be a traveling Whatsapp group for the series this season

<https://chat.whatsapp.com/CB2d8GrGYNA0wJMZHnK2v>



ALBERTA U14 SERIES

WhatsApp group



Scan or upload this QR code using the WhatsApp camera to join this group

### Provincial Awards

- The top 10 athletes will be recognized in each event.
- A Championship Award will be presented to a men's and ladies overall winner based on the combined results at the U14 Provincial Finals.

*Note: please refer to the Limited Quota Competition Policy for selection details.*

*Calendar Updates: Any changes to the U14 Calendar will posted on the calendar section of the website.*

### U16 PROVINCIAL RACE SERIES

Who: Competitors aged 14 and 15 (as of December 31<sup>st</sup> of the current year)

Skill Level: Alpine Integration Model, Learn to Race

Where: Provincial and National

### Introduction

The U16 Series is a provincial program which is intended to refine the skills required to perform at the Learn to Race stage and to prepare the athlete for more intensive training and competition at the junior level. The program provides a competitive series for 14 and 15 year old skiers, which allows them to test their skills against their peers at a provincial level.

The U16 program also develops ski specific physical and mental skills and continues to develop the athlete's technical and tactical skills.

### Series Communications

In an effort to streamline communications for ROC and coaches there will be a traveling Whatsapp group for the series this season

<https://chat.whatsapp.com/GSI2glGrVxHJ9Pho7ygl3z>





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### **Provincial Awards**

- The total of the competitor's points earned in all series races will determine his / her placing in the Provincial Series and the top three male and female Provincial Series point holders will receive awards.
- The top 10 athletes will be recognized in each event.
- In the event of a tie in a race or a series final, both racers will receive the points and awards for the tied position. The position following the tie will be unassigned.

*Note: Please refer to the Limited Quota Competition Policy for limited quota.*

*Calendar Updates: Any changes to the U16 Calendar will posted on the calendar section of the website*



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### Regional Series

Who: Competitors aged 12 to 20 (as of December 31<sup>st</sup> of the current year)  
Skill Level: Alpine Integration Model, Learn to Train and Learn to Race  
Where: North Zone

### Introduction

The Regional Series is a zone-based program intended to assist athletes in the transition from the Learn to Train stage of skill development to the Learn to Race stage. Another goal of the program is to provide a competitive series for 12 to 20 year old skiers, which requires less travel and time commitment than the Provincial U14 and U16 series.

The Regional Series program should also introduce children to ski specific mental and physical training, and continue to develop the technical skills learned in the Nancy Greene Ski League.

Regional Series athletes are welcome to attend AASA age group events such as legends club women's camp, speed camps, etc.

### Standards

- Competitors must be a member in good standing of an Alberta Alpine club and must have purchased a national competitor card.
- Each coach must be an accredited ACA CSC coach.
- Competitions must be sanctioned by Alberta Alpine and Alpine Canada Alpin.
- Separate prize categories will be awarded for U14 and U16. If there are sufficient entries the Race Organizers may also award prizes in the Junior category.
- The use of crash helmets is compulsory for all events. Helmets used must be specifically designed and manufactured for Alpine Ski Racing.
- The use of mouth protection and back protectors specifically designed for Alpine Ski Racing is strongly recommended for all competitors.
- The use of crash helmets is strongly recommended for all coaches and volunteers
- All registered athletes are eligible to receive awards during the regular series. Any athletes placed in the top 15 of the U14 or U16 provincial series rankings during the current season are not eligible for awards at the series finals.
- The North Zone Regional Series will be set to U16 rules and standards as listed in the AASA course setting rules.

### Regional Awards

- U16 and Junior age athletes will have the total of the competitor's points earned in all series races will determine his / her placing in the Provincial Series and the top three male and female Provincial Series point holders will receive awards.
- U14 Athletes will not track series points, but will award a Series Final Overall Award.
- The top 6 athletes will be recognized in each event



## ALBERTA ALPINE

### Junior Programs

#### Alberta Cup Provincial FIS Race Series

Who: U19, U21: A FIS race series for athletes aged 16 and older (as of December 31<sup>st</sup> of the current year)

AIM: Learn to Race - Train to Race

Where: Alberta and British Columbia

### Introduction

The Alberta Cup Series offers high quality racing and development opportunities for those athletes aspiring to the highest levels of our sport. Training programs provide a progression from the Learn to Race - Train to Race phases of the Long Term Skier Development Model (AIM 2 Win) and offer intensive technical, tactical, physical, and mental training in order to prepare athletes to compete at this level.

### Standards

- Competitors must be registered with the Federation Internationale de Ski (FIS).
- Each coach must be a an accredited ACA CSC coach and a minimum of Performance Level certified coach certification is recommended for the Head FIS Coach in each club.
- All aspects of the competition and competitors' equipment must conform to the International Ski Competition Rules (ICR). For more information consult the rules and publications section at <http://www.fis-ski.com>.

### Series Communications

In an effort to streamline communications for ROC and coaches there will be a traveling Whatsapp group for the series this season

<https://chat.whatsapp.com/IEAbEfn3dubAPGhCvCIVAZ>



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### **Series Awards**

- The awards for each race will include medals for the following:
  - Top three male and female competitors overall
  - Top three male and female U19 competitors
  - Most improved male and female competitors
- In the event of a tie in a race or a series final, both racers will receive the points and awards for the tied position. The position following the tie will be unassigned.
- The Alberta Cup Series is based on the competitors' results from all Alberta series races.



**ALBERTA ALPINE**

## **Masters Racing**

Who: Athletes aged 21 and older (as of December 31<sup>st</sup> of the current year)  
Aim 2: Skiing For Life  
Where: Provincial / National

### **Introduction**

Masters Racing provides an opportunity for adult skiers to enjoy technical improvement, physical fitness, and friendly competition through their life-long passion for skiing.

### **Standards**

- Competitors must be members in good standing with an Alberta Alpine club and must have purchased a National Competitor Card Membership.
- Competitions must be sanctioned by Alberta Alpine and Alpine Canada Alpin.
- The use of FIS sanctioned helmets as per ACA Domestic rules are compulsory for all events. Helmets used must be specifically designed and manufactured for Alpine Ski Racing as per ACA and FIS policy.
- Please consult the calendar page on this website for Masters Racing opportunities.

### **Scope**

All Alberta Alpine sanctioned competitions and events.

### **Related Policies**

Out of Category, Limited Quota Competition

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**ALBERTA ALPINE**

Appendix 1

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## **Nancy Greene Ski League / U12 Memorandum**

### **U12**

The U12 provincial series will remain an open series to all AASA U12 athletes. The series will include four stops as outlined in the 2022-2023 AASA Calendar. No series points will be calculated or awarded. U12 Provincial series races will be set and officiated in accordance with U12 settings as outlined in the AASA Course setting rules and guidelines. AASA will appoint the TD to the ROC. It is AASA's vision that this series be the primary pathway for U12 athletes advancing into the U14 provincial series. As per ACA and AASA Competition Guidelines U12 athletes should not exceed 12 days of racing. Individual athletes found to be in excess of recommended starts may face removal from starts at AASA's management's discretion.

### **NGSL**

The North and South Zone NGSL race series will remain an open series to all U12 and NGSL athletes. The respective series will include all races as outlined in the AASA Calendar. NGSL series races will be set and officiated in accordance with the u10 settings as outlined the AASA Course setting rules and guidelines. AASA will appoint the TD to the ROC. It is the AASA'S vision that this series be the primary pathway for u10 athletes advancing to the U12 provincial series and for skiers into zone regional series. As per ACA and AASA competition Guidelines U10 athletes should not exceed 6 days of racing and U8 athletes 4 days. Individual athletes found to be in excess of recommended starts may face removal from starts at AASA's management's discretion.

### **NGSL Entry Details**

- All Draft Race Notices must be received by AASA a minimum of 6 weeks prior to the first team captains meeting from the ROC.
- All Race Notices must be posted on the AASA calendar minimum of 25 days prior to the first team captains meeting
- Entry will open at noon 21 days prior to the first team captains meeting
- Entry will close at noon 10 days prior to the first team captains meeting
- The ROC will notify all club of their entry status no later than 7 days prior from the first team captains meeting.

### **NGSL Entry Priority**

All NGSL entries will be prioritized for entry as follows:

1. Host Club U10 and under
2. Visiting Clubs u10 and under
3. Host Club U12
4. Visiting Clubs U12
5. Out of Province Athletes (U12, U10, U8)

While it is the AASA's intent to maintain as much consistency as possible from year to year within competitive age groups, the NGSL/ u12 will be review annually by AASA management and the AASA PAC to address any adaptation required to ensure programming remains progressive, athletically sound, and administratively viable in the future.

### **Out of Province Entries**

All Albertans (NGSL & U12) MUST be prioritized for entry in front of any out province athlete as outlined above. We are happy to accommodate other PSO's athletes to race in Alberta, but this cannot be at the expense of Albertans. The loss of an opportunity for even a single Albertan athlete is not acceptable. If ROC's have capacity to run all Albertan entries, and additional out of province athletes they are welcome to do so. All out of province entries should come from the home province PSO or NSO to Alberta Alpine to be forwarded to the ROC.

Appendix 2



**ALBERTA ALPINE**

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Appendix 2

**2022/2023 U14 Provincial Series Start Order Procedure Memorandum** Alberta Alpine has adopted the following start order procedure for the 2022-23 U14 Provincial Series to ensure racing remains safe, fair, and developmentally appropriate for each gender.

The first race series at (Nakiska) will be seeded as follows:

A seeding list will be drawn using the discipline being contested (GS for GS day SL for SL day) by order of points first then 999's will be randomized. The top 15 point holders on this list will be randomized. This start order will be used for the first race of the day, the order will be reversed for the second race of the day.

The second race series at Castle will be seeded as follows:

A seeding list will be drawn using the discipline being contested (GS for GS day SL for SL day) by order of points first then 999's will be randomized. The top 15 point holders on this list will be randomized. This start order will be used for the first race of the day, the order will be reversed for the second race of the day.

The third race series at Nakiska (SG) will be seeded as follows:

A seeding list will be drawn by order of SG points first then, GS points, then any 999's (in Both SG & GS) will be randomized. The top 15 point holders on this list will be randomized. This start order will be used for the first race of the day, the order will be reversed for the second race of the day. This same procedure will apply to day two of the series. \*please note that this seeding for SG can change if snow conditions are not consistent. That change would be decided by the U14 working group along with the AASA AD\*

Panorama Finals will be seeded as follows:

SG national points to seed SG with the top 15 point holders randomized, GS national points to seed GS with the top 15 point holders randomized, and SL national points to seed SL/PSL with the top 15 point holders randomized

### **Considerations**

- 999 point athletes will be randomly drawn and placed in drawn order following the highest point holder.
- All ROCS should be aware of the potential for differentiation in 999 point skiers skill level and ability and manage intervals for safety and overtakes as required

Athletes will score national points for the event being race



## ALBERTA ALPINE

Appendix 3

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### U19 Entry at U16 Provincial Series Memorandum

In an effort to aid retention of U19 age skiers the following entry policy has been developed for U19 skiers entering U16 provincial series races. Alberta Alpine recognizes that limiting costs is an important aspect in clubs retaining athletes, and that there is a direct relationship between increased travel and increased costs. This memo aims to maintain the integrity of the U16 Provincial Race Series for U16 age athletes while providing increased access to meaningful, local, low cost race options to Albertan U19 athletes.

#### Out of Category U19 Athletes

- Any non-FIS U19 racer planning to race full time in the U16 provincial series must apply for an Out of Category Authorization via their home club head coach to the AASA Athletics Director as per AASA Policy 3.8 Out of Category Competition
- All Out of Category entries must be submitted with Out of Category Approval to the Race Administrator as per published race entry guidelines.
- Out of Category U19 athletes will be seeded as per normal (in both runs) by national points within the U16 field.
- Out of category u19 Athletes are not eligible to collect U16 awards, U16 provincial series points, or to qualify to U16 events such as U16 Canadian Championships, U16 Western Championships, Whistler Cup, etc.

#### FIS Athlete Eligibility:

- FIS athletes must be a registered competitor with a member club of the AASA in order to race in the U16 Provincial Series.
- Any FIS Racer with less than 75 FIS points in a single discipline will not be eligible to start in the U16 provincial series
- FIS athletes are not eligible to attend the U16 series final

#### Start order:

- First Run
  - All U16 Athletes will be seeded by national points (With top 15 random draw);
  - All FIS Athletes will be seeded by FIS points following the last U16 racer.
- Second Run
  - The fastest 30 competitors in the first run (U16 & U19) will start in reverse order;
  - Remaining athletes (U16 & U19) will be seeded in order of first run time.

#### Awards

- U16 Athletes will be awarded as per normal (Medals 1-3, Ribbons 4-10).
- AASA will provide medals sets as required for a U19 Category (Medals 1-3) when 3 or more U19/ FIS athletes are present;
  - It is the responsibility of the ROC to inform AASA member services of the need for additional medals due to the U19 category.
- ROC will Recognize u16 and u19 athletes with a common medals/ awards ceremony.
- No overall awards are to be given.

#### Results

- Unofficial results will be posted and made available separately for U16 and U19 categories.
- Official results will be posted as one combine age group race (U16 & U19) to ACA points.

#### Series Points



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- U16 series points will be awarded to the top 30 U16 Finishers at all U16 provincial series races.
- U19 athletes will not be eligible to accumulate U16 series points.

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