ALBERTA ALPINE

2026-2027

Provincial Competition Rules & Policies

Revised November 2026

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1.0 Provincial Equipment & Course Setting Rules

1.1 Helmets

Ski helmets specific to alpine skiing are always mandatory for all athletes and the strap must be affixed. Coaches, officials, and volunteers are required to wear a ski specific helmet while they are clicked into their skis or snowboard inside the race venue during all Alberta Alpine sanctioned races.

For U14 and older athletes' helmets are required to conform to the FIS helmet rules as outlined under section Crash Helmets, FIS specifications for competition equipment. Ski specific, FIS conformed helmets (label "RH2013") MUST be used for GS/SG/DH events, no exception. The helmets shall have no spoilers, nor protruding parts.

All other age athletes are required to use a ski specific helmet. Using a helmet that meets FIS standards is strongly recommended. For SX events a hard ear ski specific helmet is required for all ages. Please refer to the FIS website for further detail in relation to the FIS helmet rules and regulations for the current season.

Clubs Hosting Alberta Alpine sanctioned events are required to publish these standards on all race notices. Athletes not adhering to the above rule will be categorized as Not Permitted to Start NPS, coaches, officials, & volunteers refusing to wear a helmet will be removed from the venue and may face further sanctions from Alberta Alpine.

1.2 Slalom Face Protection (SL/AC)

Face Protection in the form of a chin guard is mandatory and is required to be worn by all Alberta Alpine Ski Association registered youth racers (U16 and younger), or any athlete participating in an Alberta Alpine sanctioned event when competing in tall pole SL races (Excluding Paneled SL events) and the SL portion of an AC event. Clubs hosting SL events are required to publish these standards on all race notices. Athletes not adhering to the above rule will be categorized as Not Permitted to Start NPS

1.3 Back Protection (GS/SG/DH/AC/SX)

Back protection in the form of a back protector is mandatory and is required to be worn by all Alberta Alpine Ski Association registered racers, or any athlete participating in an Alberta Alpine sanctioned event aged U14 and older when competing in SX, GS, SG, DH, and AC (speed run only) Events. A back protector is strongly recommended for U12 and younger racers that race GS. Clubs hosting GS/SG/DH/AC/SX events are required to publish these standards on all race notices. Athletes not adhering to the above rule will be categorized as Not Permitted to Start NPS

1.4 Cut Protection (GS/SG/DH/AC/SX)

Alberta Alpine Ski Association strongly recommends the use of cut resistant garments that meet the FIS specifications for alpine competition equipment.

1.5 Speed Suits

Speed suits are permitted at all events but are not required for NGSL, Regional, U12, U14, or U16 events.

1.6 ACA Competition Equipment Specifications NON-FIS

As per the ACA 2026-2027 specifications for alpine competition equipment.

	U14	U16 & U18	Masters**
SKI LENGTH SKI LENGTH MEASUREMENT TOLERANCE OF +/- 1CM SG Ladies		183 min	180 min***
SG Men		183 min	185 min***
SL Ladies	130 min	130 min	
SL Men	130 min	130 min	
GS Ladies	188 max	188 max	175 min
GS Men	188 max	188 max	180 min
*** GS skis permitted. Minimum ski length for SG skis is compulsory			
RADIUS (M)			
SG Ladies		30 min	
SG Men		30 min	
GS Ladies	17 min	17 min	
GS Men	17 min	17 min	
PROFILE WIDTH UNDER BINDING (mm) SG GS	65 max 65 max	65 max 65 max	

*** No length restrictions for Women above 55 and Men above 65 years of age

*** GS skis Permitted. Minimum length for SG skis is compulsory

1.7 FIS Equipment Rules

All CAN registered athletes competing in FIS events for the 2026-2027 season must compete with equipment that respects FIS rules. This includes International Children Races (CHI). For further details in relation to FIS equipment rules please see the following link: https://www.fis-ski.com/alpine-skiing/documents

1.8 Fluorinated Ski Wax Prohibition

The use of fluorinated wax or tuning products containing C8/PFOA and or fluoride are prohibited for all competitions and all ages sanctioned by Alberta Alpine Ski Association.

1.9 Course Setting Guidelines

Provincial Race Series (PRS) Races

All coaches will be required to be DL trained and a Level 2 official to set and or referee at PRS races. Coaches need to have completed their speed module to be eligible to set or referee at SG races.

NON-Provincial Race Series Races

All coaches will be required to be EL Certified and a level 1 official to set and or referee at any non-PRS race. If this is your first time setting you should select a mentor coach to assist you. The Age Class Working Group (ACWG) coaches are there to assist if you require any help or do not have a mentor.

1.9.1 U10 Setting Guidelines

SLALOM (Paneled Gates)

Competition: Recommend 25-30 direction changes

- Vertical distance: 7-10
- Typical distance between 7-9m
- No Combinations or delay gates

GIANT SLALOM (GS)

Competition: Maximum 25 direction changes

- Vertical distance: 14-18m
- No delay gates

Kinder Combi

Competition: Maximum 25 direction changes

- Vertical distance: 7-18m
- No combinations or delay gates

1.9.2 U12 Setting Guidelines

SLALOM (SL)

Competition: Recommend 25-35 +/- 5 direction changes

- Maximum vertical distance: 9m
- Typical distance between 7-9m
- One delay optional: 11-14m
- Typical distance in vertical combinations 4-5m. Max 5.5m
- Race runs should vary from stubbies, panels, and gates when sanctioned by AASA (a progression through the season from stubbies early season progressing to 60” OTS gates at the final race of the season)
- Set rhythm changes requiring different turn shape but nothing tactically challenging
- No outside gate for combinations, regardless of gate type being used
- All delays will have an outside gate and have dye on the line of correct passage

GIANT SLALOM (GS)

Competition: 25-35 direction changes +/- 2

- Maximum vertical distance: 20m
- Typical distance between 15-18m
- 1-2 delays (optional) Minimum 8m in delay, Max 24m
- Set rhythm changes requiring different turn shape but nothing tactically challenging

2026–2027 U12 Setting and Referee Matrix

Location	Discipline	Goal of Set	Setter		Referee	
			Men	Women	Men	Women
SUNRIDGE	NZ SX	Success for all	STRAT		RHST	
Snow Valley	SL 1	Success for all	RDSC	SNOW	STRAT	FMSC
	SL 2	Success for all	SNOW	RDSC		
	SL 3	Success for all	RHST	ESC		
	PSL 1	Success for all	SNOW	RHST	ESC	RDSC
	PSL 2	Success for all	NAST	FMSC		
	PSL 3	Success for all	STRAT	FMSC		

2026–2027 U12 Setting and Referee Matrix						
Location	Discipline	Goal of Set	Setter		Referee	
			Men	Women	Men	Women
CARC	SL 1	Success for all	CWASC	JSPR	SUNSHP	BVQ
	SL 2	Success for all	CWASC	WSC		
	SL 3	Success for all	FAST	CWASC		
	PSL 1	Success for all	PANO	BVQ	WSC	FAST
	PSL 2	Success for all	LLSC	JSPR		
	PSL 3	Success for all	SARC	SUNSHP		
NAKISKA	SZ SX	Success for all	FAST		SARC	
Nitehawk	SL 1	Success for all	BVQ	NAST	PANO	SNOW
	SL 2	moderate challenge	ESC	FAST		
	SL 3	Varied turnshape	WSC	STRAT		
	GS 1	Success for all	NAST		JSPR	RDSC
	GS 2	moderate challenge	LLSC			
	GS 3	Varied turnshape	CWASC			
Red Deer	SL 1	Consistent turnshape	RDSC		RHST	FMSC
	SL 2	Varied turnshape	STRAT			
	SL 3	Varied turnshape	SNOW			
	GS 1	Consistent turnshape	RDSC		SNOW	ESC
	GS 2	Consistent turnshape	RHST			
	GS 3	Varied turnshape	FMSC			
Sunshine	SL 1	Consistent turnshape	BVQ		CWASC	LLSC
	SL 2	Varied turnshape	SARC			
	SL 3	Varied turnshape	FAST			
	GS 1	Consistent turnshape	WSC		JSPR	BVQ
	GS 2	Consistent turnshape	LLSC			
	GS 3	Varied turnshape	PANO			
Mt. Norquay	SL 1	moderate challenge	JSPR	LLSC	PANO	CWASC
	SL 2	Varied turnshape	SUNSHP	SARC		
	PSL	Success for all	FMSC	PANO	LLSC	WSC
	GS 1	moderate challenge	SUNSHP		STRAT	SARC
	GS 2	Success for all	ESC			
	PGS	Success for all	JSPR		FAST	SUNSHP

1.9.3 U14 Setting Guidelines

SLALOM (SL)

Competition: 100-160m vertical drop

- Recommend 32-38% +/- 3 direction changes
- Maximum vertical distance: 10m
- Typical distance between 7-9m
- 2-4 hairpins, 1-2 flushes (3 gates), 1-2 delays (12-15m Max)
- Typical distance in vertical combinations 4-5.5m

- Set rhythm changes requiring different turn shape but nothing tactically challenging
- No reverse (into) harpins

GIANT SLALOM (GS)

Competition: 200-350m vertical drop

- Recommend 13-18% +/- 2 direction changes
- Maximum vertical distance: 24m
- Typical distance between 18-22m
- 1-3 delays (optional) Minimum 9m in delay, Max 30m.
- Set rhythm changes requiring different turn shape but nothing tactically challenging

Super G (SG)

Competition: 250-450m vertical drop

- Recommended 8-12% direction changes
- Maximum vertical distance: 40m
- Typical distance 30-40m
- Minimum distance in a delay 15m, Max 45m
- Main objective is to set a course that flows well using natural terrain features and controls the athletes speed creating an environment that inspires confidence. Avoid abrupt turns.
- If a small jump is in play or athletes are suspected to catch air, set in a manner that gives the athletes plenty of time to get into an athletic ready position and set so the skis are unloaded and headed straight off the jump/bump with plenty of time and space to land prior to engaging the new edge.
- Outside gates must be set when possible
- Dye must be laid down prior to inspection
- Please note that it is expected that Athletes entering SG races have had proper SG training during the current season prior to entering the event. SG training days should not be the first day they train!

2026–2027 U14 Setting and Referee Matrix

Location	Discipline	Goal of Set	Setter		Referee	
			Men	Women	Men	Women
Jasper	SL AM	Success for all	JSPR	PASKA	PANO	CARC
	SL PM	moderate challenge	BANFF	LLSC		
	GS AM	Success for all	SNOW	CARC	BANFF	PASKA
	GS PM	moderate challenge	RHST	PANO		
Nakiska	SG AM	Success for all	PASKA		LLSC	
	SG PM	moderate challenge	BANFF			
	SG AM	Success for all	CARC		BANFF	
	SG PM	Varied turnshape	LLSC			
Norquay	SL AM	moderate challenge	BANFF	LLSC	PASKA	SNOW
	SL PM	Varied turnshape	SUNSH	CAL WEST		
	GS AM	moderate challenge	PASKA	BANFF	CARC	CAL WEST
	GS PM	Varied turnshape	LLSC	SNOW		

2026–2027 U14 Setting and Referee Matrix						
Location	Discipline	Goal of Set	Setter		Referee	
			Men	Women	Men	Women
Panorama	GS AM	moderate challenge	PANO	WSC	LLSC	RHST
	GS PM	Success for all	CARC	CAL WEST		
	SL AM	moderate challenge	PASKA	SUNRI	SNOW	WSC
	SL PM	Success for all	RHST	CARC		
	SG AM	Varied Distances	PANO		SUNSH	CARC
	SG PM	Varied turnshape	LLSC			

1.9.4 U16 Setting Guidelines

SLALOM (SL)

Competition: 100-160m vertical drop

- 32%-38% +/- 3 direction changes
- Maximum vertical distance: 11m
- Typical distance between 7.5-10m
- 3-6 hairpins, 1-3 flushes (3-4 gates), 1-3 delays (12-15m Max)
- Typical distance in vertical combinations 4.5-5.5m, 6m Max
- Set rhythm changes requiring different turn shape and tactics

GIANT SLALOM (GS)

Competition: 200-350m vertical drop

- 13%-18% +/- 2 direction changes
- Maximum vertical distance: 27m
- Typical distance between 21-25m
- 1-3 delays (optional) Minimum 10m in delay, Max 35m
- Set rhythm changes that require different turn shape and tactics

Super G (SG)

Competition: 250-450m vertical drop

- 8-12% direction changes
- Vertical distance between gates: 35-50m
- Minimum distance in delay: 15m
- Main objective is to set a course that flows well using natural terrain features and controls the athletes speed creating an environment that inspires confidence. Avoid abrupt turns.
- If racing on a suitable track with a properly built jump, setting over jumps is

encouraged. If setting over a jump you should allow the athletes enough time to get into a balanced ready position and take off with an unloaded ski.

- Outside gates must be set when possible for AASA PRS SG. Any ACA SG i.e. Westerns/nationals require outside gates.
- Dye must be laid down prior to inspection

2026–2027 U16 Setting and Referee Matrix									
Location	Discipline	Goal of Set	Setter				Referee		Asst Ref
			Men 1	Women 1	Men 2	Women 2	Men	Women	
Pano	SL 1	Success for all	PANO	KASC	LLSC	CARC	RHST	BANFF	
	GS 1	Success for all	PANO		BANFF		SNOW	CARC	
	GS 2	moderate challenge	SNOW		RHST		LLSC	KASC	
Norquay	GS 3	moderate challenge	BANFF		LLSC		RHST	WSC	
	SL 2	Varied turnshape	KASC	CARC	CWASC	BANFF	BANFF	PANO	
	SL 3	Varied turnshape	SUNRI	LLSC	SNOW	PANO	KASC	LLSC	
Nakiska	SG 1	Success for all	KASC				AASA		SUNRI
	SG 2	moderate challenge	CARC				BANFF		WSC
	GS 4	Varied turnshape	BANFF		PANO		CARC		
Westcastle	SG 3	Success for all	WSC				LLSC		CWASC
	GS 5	moderate challenge	LLSC		CARC		WSC	SUNRI	
	GS 6	moderate challenge	WSC		KASC		SNOW	PANO	
Lake Louise	SG 4	Success for all	LLSC				KASC		RHST
	GS 7	moderate challenge	KASC		SUNRI		PANO	BANFF	
	SL 4	moderate challenge	CARC	BANFF	WSC	RHST	SNOW	CARC	

1.9.5 Regional Setting Guidelines

Regional races should be set to the U16 PRS setting guidelines above. Modifications due to different venue aspects and limitations are permitted.

1.10 Setting Quick Reference Sheet

Age	DISCIPLINES	DUAL	SLALOM	GIANT SLALOM	SUPER-G
U10	NUMBER OF TURNS	SL 25-30 GS 25 Max	Recommended 25-30 direction changes	25 MAX	
	GATE DISTANCE	SL 7-10M GS 14-18M	7-10M	14-18M	
	TYPE OF GATE	Panelled Gate	Panelled Gate	Panelled Gates	
	COMBINATIONS	none	no combos or delays	No delay gates	
	NUMBER OF RUNS	muliple	multiple single run races	multiple single run races	
	INSPECTION	Slip through only, no stopping	Slip through only, no stopping	Slip Through only, no stopping	
U12	NUMBER OF TURNS	SL 20-30 GS 20-25	25-35 +/- 5	25-35 +/- 2	
	GATE DISTANCE	SL 6-10M GS 15-18M	Vert 6-9M, Comb 4-5.5m	15-18M MAX	
	DELAY DISTANCE	none	1 delay optional w/outside gate, 11-14M	Min 8m in delay, MAX 24m	
	TYPE OF GATE	Panelled Gates	Stubbies, Pannels, & 60°OTS gates **No outside gates on combinations**	Panelled Gates	
	COMBINATIONS	none	1-2 Hairpin, 1 flush (3 gates)	1-2 delays optional W/outside gate	
	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	
	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% +/- 3dc 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	Panelled Gates	Panellled Gates
	COMBINATIONS	none	2-4 Hairpin, 1-2 flush (3 gates), 1-2 Delay	Max 3 Delays	Delays Permitted
	NUMBER OF RUNS	mulitple with timing	Multi Single Run Races	Multi Single Run Races	Multi Single Run Races
	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% of vertical drop+/- 3dc	13%-18% of vertical drop +/- 2 dc	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
	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
	SAFETY	Head, Mouth*, Spine*	Head, Mouth*, Spine*	Head, Mouth*, Spine*	Head, Mouth*, Spine*

1.11 Venue Access

Only accredited coaches that are members of Alberta Alpine Ski Association or their respective PSO and approved volunteers of the ROC are permitted to enter the race venue. The race venue includes the start area and the prior coaches meeting. For a list of AASA accredited coaches please visit Coaches - Coaching Content & Info - Alberta Alpine

2.0 Provincial Environmental Rules

2.1 Cold Weather Policy

To ensure the safety of all participants, coaches, and Volunteers there is a hard limit on cold exposure. The below limits per age group apply if the temperature on the “feels like” scale is predicted to be colder than the stated temperature at noon at the middle of the race run the race will be deemed to be too cold to host. Forecasts will be reviewed by the ROC the week prior to the event and all efforts will be attempted to make this call within the 5 days prior to the event to reduce travel costs. As forecast models are never 100% accurate day of (morning of competition) calls will still apply for this policy.

FIS & Masters	-35C
U16	-30C
U14	-27.5C
U12 & Younger	-25C

If an event is postponed under this policy all efforts will be made to reschedule the event at the same venue at a later date

3.0 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.

3.1 Officials Requirement

3.3.1 All chiefs involved in a Race Organizing Committee should have completed a minimum of Level II Officials Training.

3.1.2 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.

3.1.3 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 or their respective home PSO.

3.1.4 All jury’s should strive to have at least one member of different gender

3.1.5 All individuals that are volunteering at an event must be on an official signup sheet with the ROC. Signup genius, Excell, etc. are appropriate means of tracking.

3.2 Race Notice

3.2.1 The draft race notice must be submitted to Alberta Alpine (as a Word Document) **six weeks** prior to the race

3.2.2 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

3.3 Budget Guidelines

3.3.1 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.

3.3.2 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.

3.3.3 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.

3.3.4 AASA FIS Homologation fees for each codex can be forwarded to the host club for payment. This will be done upon completion of the season.

3.3.5 The Alberta Alpine’s race entry levy will be applied for the 2026-27 season $7.50 for every first run starters per day for all age categories. This does not apply to Nor Am Cup Events or National Championships This directly supports the Alberta Ski Team

3.3.6 Maximum entry fees for each age group are as follows:

NGSL $45/day.	U12 $45/day	U14 $55/day
U16 Tech $55/race start	U16 Speed $55/race start	SX U14 and older $55/day
Regional $55/day	FIS Tech $65/ race start	FIS Speed $75/ race start

3.3.7 Fees do not include the added costs of lift tickets, food or extras. Higher entries for speed events above $65 must be related to increased costs for additional safety and must be approved by Alberta Alpine

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

3.3.9 You must follow all Financial Consumer Agency of Canada guidelines when it comes to MasterCard, American Express, and Visa merchant rules

3.4 Awards

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

- Provincial/regional Series (U12/U14/U16) – Top 10
- FIS (U18 & Overall) – Top 3 and most improved Male & Female
- North Zone Regional (U14/U16/Open) – Top 6
- Ski Cross (U14/U16/Open) – Top 3
- NGSL U10 second year-Top 10, U10 first year- top 10, U8- top 10

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

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

3.4.4 For U19/FIS athletes attending a U16 Provincial race series. If there are 5 or more competitors in the U19 gender category awards 1-3 will be given.

3.5 Awards Ceremony

3.5.1 NGSL, U12, U14, U16 Athletes are not permitted to bring skis or ski equipment onto the podium at AASA sanctioned events

3.5.2 ROCs will make all efforts to streamline the awards process and run awards as quickly as possible following completion of the race. At AASA sanctioned races, ROC's are encouraged to begin awards following the closing of the protest period using unofficial results.

3.5.3 ROC's that have an awards ceremony that last longer than **1 hour** could face future sanctions

3.6 Race Volunteer Commitments

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

3.6.2 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.

3.7 Race Kits

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

3.7.2 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.

3.7.3 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.

3.7.4 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.

3.8 Team Captains Meeting (TCM)

3.8.1 The team captains meeting should be scheduled for the evening prior to the event or morning of to allow out of town coaches to attend the meeting.

3.8.2 The team captains meeting can be virtual and must be defined on the Race notice.

3.8.3 Only accredited coaches that are members of Alberta Alpine Ski Association or their respective PSO and approved volunteers of the ROC are permitted to attend the Coaches Meeting.

3.9 Race Results

3.9.1 Race results should 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

3.9.2 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.

3.10 Sponsorship Execution

3.10.1 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.

3.10.2 Transportation and setup of all sponsor materials is the responsibility of the host club.

3.10.3 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.

3.10.4 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 sponsor materials represents a vital aspect of sponsorship activation that is essential to AASA maintaining sponsors to minimize the cost of competition within Alberta.

3.11 Gate Keeping

3.11.1 ROCs at AASA Sanctioned NGSL, U12, U14, U16 provincial, NGSL, Masters, 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

4.0 Race Entries

4.1 Race Entry Deadline

4.1.1 The deadline for race entries is 7 days prior to the 1st day of competition at 1800hrs, for non-FIS events. FIS rules will apply for FIS events

4.1.2 Minor Changes to the entry due to individual athlete illness, injury, or similar circumstances are permitted prior to the draw.

4.1.3 Late entries may be accepted at the discretion of the ROC.

4.2 Out of Province

4.2.1 For non-FIS events out of province athletes must have their entries submitted by their PTSO and it must be approved by Alberta Alpine prior to the entry deadline.

4.2.2 AASA will prioritize every Alberta Alpine Ski Association athlete first.

4.3 NGSL Race

4.3.1 Entries will open at a minimum 21 days prior to the event.

4.3.2 The Roc will Notify clubs of their entry status no later than 7 days prior to the team captains meeting

4.3.3 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)

4.4 Out of Category

4.4.1 All out of category athletes must submit their entry with their out of category approval letter. Refer to 8.0 out of category competition for further details.

4.5 Complimentary Race Entries

This policy has been implemented to support low penalty races.

The following criteria outlines the athletes that qualify for complimentary race entry into Alberta Alpine Ski Association sanctioned FIS race Events

a. The top 5 Point Holders on the start list provided the field contains at least 35 athletes per gender

b. Named Alberta Ski Team (AST) Members that are not in the top 5 point holders provided the field contain at least 35 athletes per gender

Graeme Cliff	Sofia Stanier
Gavin Johnson	Loren Hannema
Cole Merrett	Emma Suman
William Puloski	Jessica Mclellan
Eric Ward	Noemie Brooks
Graydyn Swanson	
Thomas Cais	

c. Alberta Alpine Ski Association asks that, if possible, the ROC extend complimentary entries to named BC team athletes as well

d. ROC's are permitted to provide complimentary race entries for additional athletes at their discretion

4.6 Race Entry Refunds

4.6.1 If an Alberta Alpine Ski Association sanctioned race is canceled, the Race Organizing Committee is expected to refund all race entry fees less any acceptable fixed costs incurred by the host club.

4.6.2 ROC's will process refunds within 30 days of the completion of the event

4.7 Open Series Races

When there is an open race scheduled in both the north and south zone during the same time of year entries for the races will be restricted to the clubs respective designated Zone. Ie all north zone clubs can only enter the NZ open and all south zone clubs can only enter the SZ open.

5.0 Start Positions

5.1 FIS

FIS races are seeded using FIS points as per the rules of the FIS ICR.

5.2 U16

Athletes will be seeded by the rotational cohort method.

5.2.1 First Run

A seeding list will be created by the most recent national points list in the discipline, any 999 athletes will be randomized at the end of the list.

The seeding list including the 999's will be split into 3 even groups and defined as follows; Group A first 1/3 of the ranking list, Group B second 1/3 of the ranking list, Group C last 1/3 of the ranking list. If the athlete field size is not divisible by 3 the first extra spot will be allocated to group C, and if necessary the second spot will be allocated to group B.

In the case of a tie at the location where the groups would be split all the tied athletes will be place in the higher group.

Example:

i. 10 athletes would have 3 racers in Group A and Group B, and 4 racers in Group C.

ii. 11 athletes would have 3 racers in Group A, 4 in Group B and 4 in Group C

Each group will be randomized within the group.

Each group will be placed into their seed per race as defined below:

5.2.2 Second run if applicable

The entire field will run in reverse order of the first run results. DNF/DQ's will run after the full field and should be allowed to take their second run.

5.2.3 U16 Western nationals will be seeded by the National Competition Rules

U16 First Run Seeding chart				
		Seed 1	Seed 2	Seed 3
		First 1/3 of field	Middle 1/3 of filed	last 1/3 of Field
	Discipline			
Pano	SL 1	Group A	Group B	Group C
	GS 1	Group B	Group A	Group C
	GS 2	Group A	Group B	Group C
Norquay	GS 3	Group C	Group B	Group A
	SL 2	Group B	Group C	Group A
	SL 3	Group C	Group A	Group B
Nakiska	SG 1	Group A	Group B	Group C
	SG 2	Group B	Group C	Group A
	GS 4	Group C	Group A	Group B
Westcastle	SG 3	Group C	Group A	Group B
	GS 5	Group A	Group C	Group B
	GS 6	Group B	Group C	Group A
Lake Louise	SG 4	Group A	Group B	Group C
	GS 7	Group A	Group B	Group C
	SL 4	Group A	Group B	Group C

5.3 U14

5.3.1 GS and SL

A seeding list will be created by the most recent national points list in the discipline, any 999 athletes will be randomized at the end of the list.

The seeding list including the 999's will be split into 3 even groups and defined as follows; Group A first 1/3 of the ranking list, Group B second 1/3 of the ranking list, Group C last 1/3 of the ranking list. If the athlete field size is not divisible by 3 the first extra spot will be allocated to group C, and the second extra spot will be allocated to group B (see 5.2.1 for example)

For the first series at Mt Norquay all 999's will be placed into group C and the remaining athletes with points will be divided in half into group A and B.

In the case of a tie at the location where the groups would be split all the tied athletes will be place in the higher group.

Each group will be randomized within the group.

Each group will be placed into their seed per race as defined below:

2026–2027 U14 Seeding Chart				
Location	**Discipline**	**Seed 1 First third of field**	**Seed 2 Middle third of field**	**Seed 3 Last third of field**
Jasper	SL AM	Group A	Group B	Group C
	SL PM	Group B	Group C	Group A
	GS AM	Group A	Group B	Group C
	GS PM	Group B	Group C	Group A
Nakiska	SG AM	5.3.2		
	SG PM	5.3.2		
	SG AM	5.3.2		
	SG PM	5.3.2		
Norquay	SL AM	Group C	Group A	Group B
	SL PM	Group B	Group C	Group A
	GS AM	Group C	Group A	Group B
	GS PM	Group B	Group C	Group A
Panorama	GS AM	Group A	Group B	Group C
	GS PM	Group C	Group A	Group B
	SL AM	Group A	Group B	Group C
	SL PM	Group C	Group A	Group B
	SG AM	5.3.2		
	SG PM	5.3.2		

5.3.2 SG

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 any multi day series.

Please note that this seeding for SG can change if snow conditions are not consistent. That change would be decided by the Jury in consultation with the U14 working group and AASA Athletic Director.

5.3.3 Alberta Winter games will be seeded by random draw for the first race of each discipline. The second race will be reverse of the first race draw.

5.4 U12 Regional & Provincial Series

Races are seeded in random order for the first run and subsequent races on the same day are butterflied.

Example: 80 athletes

1st run bibs 1-80 random draw

2nd run 80-1 (reverse of run 1)

3rd run 41-80, 1-40 (bib 41 starts 1st bib 1 would start 41st)

4th run 40-1 80-41 (bib 40 starts first bib 80 would start 41st)

5.5 NGSL

Races are seeded in club order, which is determined by random draw.

5.6 Regional Series

Races are seeded using National points.

5.6.1 **First Run**

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.

5.6.2 **Second Run**

The top 30 competitors to finish the first run will be reversed, all the rest will be slotted in their first run finish order after the top 30. Any DNF/DQ's will run at the end of the field if time permits.

5.6.3 In the event of a one run race the event will be seeded per 5.6.1

5.7 Para Alpine

Specific seeding rules apply for Para-Alpine athletes. ROC's should contact Alberta Alpine and CADS for details.

5.8 U19/FIS athletes at U16 races

5.8.1 Out of Category U19 athletes that have been granted an out of category letter will be treated as a U16 athlete and seeded per 5.2

5.8.2 U19/FIS athletes that are eligible to race at a U16 event will be seeded by their national points at the end of the field for the first run. They will be seeded in the reverse of their first run finish order after the U16 athletes for the second run.

6.0 Series Points and World Cup Scoring Scale

6.1 Alberta GMC CUP

6.1.1 Series points are awarded to the top 30 finishers in each Alberta GMC Cup race per 6.5

6.1.2 The overall Male and Female will be awarded the GMC Cup Series Award.

6.1.3 The series winner will be awarded and is defined by the culmination of the most points at the end of the series.

6.2 U16 Series

6.2.1 The top 3 ranked athletes at the end of the series will be awarded.

6.2.2 Series points are awarded to the top 30 finishers in each U16 provincial race series race per 6.5

6.2.3 U19's participating in the U16 PRS races are not eligible for series points

6.3 U14 Series Awards

No series points are posted or awarded for U14 or younger in any series

6.4 Regional Series

Porteous Cup- Awarded to the fastest combined time (Male/Female) at the regional finals.

Regional series awards will be given to each gender in the U16, & U19+ category this is composed of all of the series race results using the World cup scoring method. Please note U14 scoring is not tracked or awarded.

6.5 World Cup Scoring Scale

Alberta Alpine uses the following World Cup Scoring (WC) scale to rank skiers competing in the Regional Series, U16, and the Alberta GMC Cup 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.			

7.0 Limited Quota Competitions Selections and Entry Policy

This policy outlines process by which participation at events with limited quota will be determined.

7.1 NGSL

7.1.1 The North and South Zone NGSL race series will remain an open series to all NGSL athletes in their respective zones.

7.1.2 Clubs must race within their zone unless approved by the ROC, the clubs Program Director and Alberta Alpine Athletic Director.

7.1.2.1 North Zone Clubs: Cold Lake, ESC, Fort McMurray, Nitehawk, Parkland, Rabbit Hill, Red Deer, Snow Valley, Sunridge, Strathcona, Valley ski club.

7.1.2.2 South Zone Clubs: Snoflyers, COP, Elkwater, Mount Allan, Skimeisters, Sunshine, Westcastle, Bow Valley Quickies, Jasper, Lake Louise, Team Panorama, Team Panorama West, Hidden Valley.

7.1.2.3 Jasper can participate in JJO's(Jasper Junior Olympics

7.1.2.4 All clubs may participate in Sunridge NGSL SX events

7.1.3 All Albertans MUST be prioritized for entry in front of any out of 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.

7.2 U12

7.2.1 The two U12 provincial series events are open to all AASA U12 athletes.

7.2.2 The North and South Zone U12 events are open to U12 athletes in their respective zones.

7.2.3 Clubs must race within their zone unless approved by the ROC, the clubs Program Director and Alberta Alpine Athletic Director.

7.2.3.1 North Zone Clubs: Cold Lake, ESC, Fort McMurray, Nitehawk, Parkland, Rabbit Hill, Red Deer, Snow Valley, Sunridge, Strathcona, Valley ski club.

7.2.3.2 South Zone Clubs: Snoflyers, COP, Elkwater, Mount Allan, Skimeisters, Sunshine, Westcastle, Bow Valley Quickies, Jasper, Lake Louise, Team Panorama, Team Panorama West, Hidden Valley.

7.2.4 All Albertans MUST be prioritized for entry in front of any out of 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.

7.3 U14

Large quotas will be used for regional events to allow for the maximum participation of U14 skiers. Race quality and venue capacity will be the determining factors in these quotas.

National and International events will use smaller quotas. Minimum performance standards for selection to these events will be used to create a selection pool for each event.

7.3.1 Alberta Winter Games

Please refer to the technical package for athlete Eligibility and full details https://albertawintergames.ca/

7.3.1.1 **Club Zone Designation**

Zone 1 – ELKW & WSC

Zone 2 – ABMAS, BANFF, LKLSE, & SUNSH

Zone 3 – CWASC, PANO, CARC, & NASA

Zone 4 – RDSC, VALLEY

Zone 5 – JASPR, RHSC, & PARKL

Zone 6 – ESC, SNOW, & SUNRI Zone 7 – COLD & FMSC

Zone 8 – NAST

7.3.1.2 If an athlete lives in Alberta but is not part of one of our clubs (i.e. out of province club) they will be placed in the zone that they live in.

7.3.1.3 Qualification is separated into a Northern qualification event for zones 4, 5, 6, 7, & 8 and a southern event for zones 1, 2, & 3.

Northern qualification event: Rabbit Hill Open.

Southern qualification event: Lake Louise Open.

7.3.1.4 Athletes must attend the qualification event for their zone to be eligible.

7.3.1.5 Quota: 5 males and 5 females per zone

7.3.1.6 Selection for zones 1, 2, 3, 4, 5, 6, 7, & 8 will occur in the following order:

Criteria A

Fastest athlete per race for each zone at the respective qualification events

Criteria B.

A ranking list using world cup points will be created for each zone including all the identified races contested per zone. Quota spots will be filled from the ranking list until the quota is full.

Criteria C

Special circumstance (if needed) an official request by one of the U14 head coaches should be tabled to the U14 Working group before January 2nd, 2025. This will only be used in EXTREME extenuating circumstances. Sickness, School, etc

are not grounds for criteria C usage.

7.3.1.7 Zones that do not fill their quota will have fills allocated from other zones per the technical package

7.3.1.8 The Selection Committee consists of the AASA Athletics Director & U14 coaches working group members. The Athletics Director will chair the committee and will cast the deciding vote should any matter requiring a vote result in a tie.

7.3.2 **U16 Finals**

Second year U14's will be allowed to compete in the SL and GS at the U16 finals

7.3.3 Other U14 projects may be offered by Alberta Alpine or ACA. As these events are planned a selection procedure will be communicated as early as possible.

7.3.4 When an Alberta U14 race is scheduled athletes' entries to other U14 events on the same days outside of the province will not be allowed. Athletes that wish to race out of province require approval from their head coach and the Alberta alpine Athletic Director. Racing beyond the provincial series and not part of any AASA or ACA sanctioned project is strongly discouraged and will only be approved for athletes existing in full time programs in another country.

7.4 U16

In province and regional events will utilize large quotas to maximize participation of U16 skiers. Race quality and venue capacity will be the determining factors in these quotas. National and International events will use smaller quotas. Minimum performance standards for selection to these events will be used to create a selection pool for each event.

7.4.1 U16 Westerns (Fernie March 2027)

Available to all U16 Provincial athletes

7.4.2 U16 Whistler Cup Team Canada (Whistler BC)

Selection to Team Canada will be determined by ACA domestic policy

7.4.3 Other U16 projects may be offered by Alberta Alpine or ACA. As these events are planned a selection procedure will be communicated as early as possible

7.4.4 When an Alberta U16 race is scheduled athletes' entries to other U16 events on the same days outside of the province will not be allowed. Athletes that wish to race out of province require approval from their head coach and the Alberta Alpine Athletic Director as well as the province/region they are going to race in. Racing beyond the provincial series and not part of any AASA or ACA sanctioned project is strongly discouraged and will only be approved for athletes existing in full time programs in another country.

7.4.5 The Selection Committee consists of the AASA VP, Sport & U16 coaches working group members. The VP, Sport will chair the

committee and will cast the deciding vote should any matter requiring a vote result in a tie.

7.5 FIS/SR

7.5.1 When an Alberta GMC Cup race is scheduled athletes' entries to other FIS events on the same days will not be allowed. This does not apply to Nor Am Cup races, athletes based outside of the province for the entire season, NCAA Races, or the Alberta Ski Team. All efforts will be made to have the AST support as many GMC cup races as possible. Head coaches may apply for an exemption to this based on individual needs. Violation will result in athlete & representing coach sanctions.

7.5.2 Canadian National Championships (SG & GS & SL)

Canadian Championships quota will be assigned in accordance with ACA policy In the event of limited AB provincial quota, quota will be assigned as follows:

1. Current CAST members as per CAST staff discretion
2. Current AST members as per AST staff discretion
3. Past CAST and/ or AST members in order of FIS points per discipline
4. Alberta Club members in order of FIS points per discipline

7.5.3 NOR AM CUP

Nor Am Cup race quota will be assigned in accordance with ACA policy.

In the event of limited AB provincial quota, quota will be assigned as follows:

1. Current CAST members as per CAST staff discretion
2. Current AST members as per AST staff discretion
3. Past CAST and/ or AST members in order of FIS points per discipline
4. Alberta Club members in order of FIS points per discipline

7.5.4 OUT OF REGION (Excluding AB & BC) FIS RACES

Within Canada FIS and ACA Domestic policy will apply. Outside of Canada International FIS quota will apply

In the event of limited AB provincial quota, quota will be assigned as follows:

1. Current CAST members as per CAST staff discretion
2. Current AST members as per AST staff discretion
3. Past CAST and/ or AST members in order of FIS points per discipline
4. Alberta Club members in order of FIS points per discipline

7.5.6 INTERNATIONAL RACING (Outside of North America)

International FIS quota and ACA Domestic Policies will apply

1. Any Athlete with more than 50 FIS points will be limited to 8 FIS starts, maximum of 4 per discipline per calendar year, provided the race opportunity coincides with a training project. Approvals are to be submitted to and are at the discretion of the PSO provincial Athletic Director as per ACA domestic Policy.
2. Athletes with a single discipline below 50 FIS points are considered unrestricted and may start events at the discretion of Club Coaching staff
3. This policy does not apply to ACA or AASA led U19/U21/SR international race projects aimed at providing exposure to upcoming performance orientated athletes
4. In the event of limited AB provincial quota, quota will be assigned as

follows:

- Current CAST members as per CAST staff discretion
- Current AST members as per AST staff discretion
- Past CAST and/ or AST members in order of FIS points per discipline
- Alberta Club members in order of FIS points per discipline

8.0 Out of Category Competition

To allow late developers to have a positive competitive experience Alberta Alpine has developed the following policy for athletes wishing to race in a younger age category. It also outlines the provisions for the advancement of an exceptional athlete to U16 a year prior to regular eligibility. This policy is intended to allow members to compete at a level that is consistent with their technical skills.

8.1 NGSL

8.1.1 Clubs may recommend that individual members compete for an extra year in NGSL as a 10-year-old

8.1.2 Clubs who wish to have a 10-year-old athlete race NGSL must make a written application to the Alberta Alpine Athletic Director prior to the first race of the season. The application must be endorsed by the club head coach or alpine chair.

8.1.3 Applications will be reviewed by the AASA athletic director and applicants who are approved will receive written authorization to race out of category. A copy of the authorization must be submitted to the Race Administration with the athlete's race entries.

8.1.4 Athletes must be registered through Alberta Alpine Ski Association in their correct age category regardless of the level at which they compete.

8.1.5 10-year-old skiers who receive authorization to race NGSL must race exclusively NGSL events. However, any athlete achieving a podium result will be required to compete in the U12 category for the remainder of the season

8.1.6 10-year-old skiers who receive authorization to race NGSL may switch to the U12 series at any time but once they have started a U12 series race they will not be permitted to race NGSL for the remainder of the season

8.2 U12

8.2.1 Clubs may recommend that individual members compete for an extra year in U12 as a 12-year-old

8.2.2 Clubs who wish to have a 12-year-old athlete race U12 must make a written application to the Alberta Alpine Athletic Director prior to the first race of the season. The application must be endorsed by the club head coach or alpine chair.

8.2.3 Applications will be reviewed by the AASA athletic director and applicants who are approved will receive written authorization to race

out of category. A copy of the authorization must be submitted to the Race Administration with the athlete's race entries.

8.2.4 Athletes must be registered through Alberta Alpine Ski Association in their correct age category regardless of the level at which they compete.

8.2.5 12-year-old skiers who receive authorization to race U12 must race exclusively U12 events. However, any athlete achieving a podium result will be required to compete in the U14 category for the remainder of the season

8.2.6 12-year-old skiers who receive authorization to race U12 may switch to the U14 series at any time but once they have started a U14 series race they will not be permitted to race U12 for the remainder of the season

8.3 U14

8.3.1 Clubs may recommend that individual members compete for an extra year in U14 as a 14-year-old

8.3.2 Clubs who wish to have a 14-year-old athletes' race U14, must make a written application to the Alberta Alpine Athletic Director prior to the first race of the season. The application must be endorsed by the club head coach or alpine chair.

8.3.3 Applications will be reviewed by the AASA athletic director and applicants who are approved will receive written authorization to race out of category. A copy of the authorization must be submitted to the Race Administration with the athlete's race entries.

8.3.4 Athletes must be registered through Alberta Alpine Ski Association in their correct age category regardless of the level at which they compete.

8.3.5 The authorization for 14-year-old skiers to race U14 applies to only the Alberta U14 Provincial Series (including Zone Events). However, any athlete achieving a podium result will be required to compete in the U16 category for the remainder of the season

8.3.5.1 At open and regional series these athletes must race in the U16 category

8.3.6 14-year-old skiers who receive authorization to race U14 may switch to the U16 series at any time but once they have started a U16 series race they will not be permitted to race U14 for the remainder of the season

8.4 U19

8.4.1 Clubs who wish to have non-FIS U19 Athletes race the U16 provincial series must make written application to Alberta Alpine prior to the first U16 race of the season. The application must be endorsed by the club head coach or alpine chair.

8.4.2 Applications will be reviewed by the AASA athletic director and applicants who are approved will receive written authorization to race out of category. A copy of the authorization must be submitted to the Race Administration with the athlete's race entries.

8.4.3 Athletes must be registered through Alberta Alpine Ski Association in their correct age category regardless of the level at which they compete.

8.4.4 The authorization for U19 skiers to race U16 applies to the U16 Provincial Series (including Zone Events).

8.3.5.1 At open and regional series these athletes must race in the U19 category

8.4.5 U19 skiers who receive authorization to race U16 may switch to FIS at any time but once they have started a FIS race they will not be permitted to race U16 for the remainder of the season

8.4.6 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.

8.5 FIS Athletes at U16 Provincial Race Series

To aid retention of U19/21 age skiers the following entry policy has been developed for U19/21 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 Policy 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 U19/21 athletes

7.4.1 FIS athletes must be a registered competitor with a member club of the AASA.

8.4.2 Any FIS Racer with less than 50 FIS points in a single discipline will not be eligible to start in the U16 provincial series.

8.4.3 FIS athletes are not eligible to attend the U16 series final

8.6 Early Advancement

In the event an exceptional athlete is involved in our sport system, the following regulates the process to advance them forward to an older age group for competition.

8.6.1 Athletes will not be moved early from U10 to U12.

8.6.2 Athletes will not be moved early from U12 to U14.

8.6.3 Athletes will not be moved early from U16 to FIS.

8.6.4 Athletes may be moved early from U14 to U16 if approved through the below process.

8.6.4.1 U14 athletes that wish to move to U16 early, as a 13-year-old must apply in writing to the Alberta Alpine Athletics director and provide the following information:

1. Written reference from the club head coach or program director outlining the need for this athlete to move forward to the U16 group. All competition

results from the previous year must be included and show that the athlete is no longer benefiting from participation in a U14 program and competitive environment. Results should show that the athlete's abilities are beyond all of those that they would compete against in U14. A technical evaluation of the athlete's ability on and off snow must also be a part of this reference letter.

2. Detailed medical records from the athlete's physician that clearly shows that the athlete's growth and development is beyond the individual's peak height velocity and that they have reached a level of physical maturity that would allow them to adapt to the increased volume and intensity of training and competition in the U16 environment.
3. Written reference from the athlete's teacher or education provider outlining the cognitive maturity of the athlete. The athlete should display an above average ability in school and the maturity level to interact with an older age group.

8.6.4.2 All submitted information is confidential and would not be shared outside of the Athletics Director and HPC.

8.6.4.3 Athletes that are approved will not be allowed to move back down to the U14 age group or be eligible for U14 specific events such as U14 Westerns and the Alberta Winter Games. Other restrictions on entry into U16 events outside of Alberta Alpine sanctioning may occur, pending that events organizing committee and/or governing body. The application process and decision will be expedited as soon as it is convenient for the Athletics Director and HPC to meet and review.

9.0 Sanctions

9.1 Jury

At any Alberta Alpine Ski Association Sanctioned Event the Jury can sanction an athlete, or registered or accredited persons, including all AASA members**,** for breach of provincial rules, code of conduct, national rules, and/or FIS rules.

9.1.1 Sanctions will be decided by a vote of the Jury and the vote will be recorded in the jury minutes and the TD report. See article 624 of the ICR

9.1.1.1 The jury will take into consideration the age level when making a decision. For younger athletes U10, U12 and U14 a position of empathy with the goal of education should be assumed by jury members.

9.1.2 Sanctions will be communicated in a compassionate and understanding manner with the athlete and with the athletes Coach present.

9.1.3 The Team captain for the athlete can and should act as their representative during jury meetings and decisions.

9.1.4 Jury sanctions can only include the following, unless the ICR provides for a specific penalty to be applied for a violation of the rules.

1. Requesting an apology either verbal or written. Verbal apologies can only be made to the people directly involved and should not include more than 10 people.
2. Penalized start position
3. loss of start privileges for the afternoon race, next day's race, or the rest of the race weekend.
4. For registered or accredited persons, including all AASA members removal of accreditation or venue access for the day or the series.

9.2.4 Any offense that the Jury feels is a major violation and requires larger penalties will be referred to the Alberta Alpine Athletic Director for further sanctions from the Association.

9.2 Canada West Ski Association & Local Ski Hill Operators

Canada West Ski Areas Association and any Ski hill operator may sanction a participant for breach of the Participant Code of Conduct and/or any the following infractions (not limited to)*:*

- Jumping off chair lifts at any point before or past the unload point
- Not putting the chairlift bar down
- Willfully Swinging or bouncing chairs or other carriers
- Swearing and foul language
- Verbal or physical abuse of resort area staff
- Leaving the defined track on a T-bar or other surface lifts
- Disregard for other resort user's peaceful enjoyment of the facilities

Sanctions of participant may consist of the following measures but are not limited to*:*

- 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

9.3 Alberta Alpine Ski Association

Alberta Alpine reserves the right to sanction any athlete, coach, or member club for violations of provincial rules, code of conduct, association bylaws, national rules, and/or FIS rules but not limited to. Violations will be taken on a case-by-case basis and sanctions will be implemented based on the severity of the violation.

10.0 Drug Free Sport

Alberta Alpine fully supports drug free sport and strives for a training and competition environment free from the influence of drugs and alcohol. The policies of F.I.S., the World Anti-Doping Agency (WADA), and the Canadian Centre for Ethics in Sport (CCES) and the Canadian Anti –Doping Program are fully supported by Alberta alpine ski association.

All members will abstain from participating in AASA sanctioned events while under the influence of alcohol, tobacco products, cannabis, illegal drugs, or prescription drugs when such prescription drugs might impact the member's performance and potentially risk the health and safety of the member and other participants attending the AASA event; this includes within the competition area, spectating areas, awards ceremonies, and offices associated with AASA events. "under the influence" here is defined as zero consumption.

Some sanctioned special events may have alcohol consumption as part of the event (i.e., banquets, gala's, dinners etc.) in these instances consumption of alcohol by of age individuals is allowed only in designated areas if such are provided

Competitors at the national and/or international level may 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: Federation

Internationale de Ski (FIS) www.fis-ski.com Canadian Centre for Ethics in Sport www.cces.ca World Anti-Doping Agency (WADA) www.wada- ama.org/ World Anti-Doping Agency (WADA) Prohibited List Published There are important changes made periodically to the WADA prohibited list. Athletes racing at the Nor Am Cup and Senior National Championship level should ensure that they review these updates, and we recommend all FIS athletes, coaches, and club administrators do so.

11.0 Age Series Philosophy

11.1 Masters Racing

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

Who: Athletes aged 21 and older (as of December 31st of the current year)

LTAD: Skiing for Life

Where: Provincial/National/International

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.
- Please consult the calendar page on this website for master's racing opportunities.

11.2 Alberta GMC Cup Provincial FIS Race Series

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 and offer intensive technical, tactical, physical, and mental training to prepare athletes to compete at this level.

Who: A FIS race series for athletes aged 16 and older (as of December 31st of the current year)

LTAD: Learn to Race - Train to Race

Where: Alberta & British Columbia

Standards:

- Competitors must be registered with the Federation Internationale de Ski (FIS).
- Each coach must be 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.

•TDs for all sanctioned races will be appointed by FIS

Series Communications

To streamline communications for ROC and coaches there will be a traveling Whatsapp group for the series this season

https://chat.whatsapp.com/IEAbEfn3dubAPGhCvCIVAZ



11.3 Regional Series

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.

Who: Competitors aged 12 to 20 (as of December 31st of the current year)

LTAD: Integration Model, Learn to Train and Learn to Race

Where: Alberta

Standards

- Competitors must be a member in good standing of an Alberta Alpine club and must have a National Competitor Card Membership.
- Each coach must be an accredited ACA CSC coach.
- Competitions must be sanctioned by Alberta Alpine and Alpine Canada Alpin.
- 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.
- Any athlete that has placed top 6 in the PRS series in any event in the current season or prior season will not be allowed entry into a regional race
- The North Zone Regional Series will be set to U16 rules and standards as listed in the AASA course setting rules.
- TDs for all sanctioned races will be appointed by AASA and the AASA officials chair and TD coordinator

Series Communications Only for U12 Provincial Series

To streamline communications for ROC and coaches there will be a traveling Whatsapp group for the series this season this chat is for registered coaches and approved ROC members only

https://chat.whatsapp.com/JYBFgTLdOvhGyJ977kmOgc



11.4 U16 Provincial Race Series

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.

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

LTAD: Alpine Integration Model, Learn to Race

Where: Provincial and National

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.
- 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.
- 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.
- TDs for all sanctioned races will be appointed by AASA and the AASA officials chair and TD coordinator
- These races will be set to the U16 race rules as outlined in the AASA Course Setting RulesSeries

Communications

To streamline communications for ROC and coaches there will be a traveling Whatsapp group for the series this season this chat is for registered coaches and approved ROC members only.

https://chat.whatsapp.com/GSl2glGrVxHJ9Pho7ygI3z



11.5 U14 Provincial Race Series

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 13year 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.

Who: Competitors aged 12 and 13 (as of December 31st of the current year)

LTAD: Alpine Integration Model, Learn to Train

Where: Provincial and Inter Provincial

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.
- 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.
- 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.
- 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.
- TDs for all sanctioned races will be appointed by AASA and the AASA officials chair and TD coordinator.
- These races will be set to the U14 race rules as outlined in the AASA Course Setting Rules

Series Communications

To streamline communications for ROC and coaches there will be a traveling Whatsapp group for the series this season this chat is for registered coaches and approved ROC members only.

https://chat.whatsapp.com/CB2d8GrGYNA0wJMZHnlK2v



11.6 U12 Regional & Provincial Race Series

Clubs have the most important role in U12 programing. 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. Programming should provide maximum time for our skiers to learn skills and develop a love for the sport. Please refer to the Alpine Canada's LTAD and Strive program 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.

The goal of this race series is to prepare the athlete for their future in U14 racing. The U12 Provincial and regional racesshould remain the main competition focus for u12 (10- and 11-year-old) athletes. 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

Who: Competitors aged 10 and 11 (as of December 31st of the current year)

LTAD: Skier Essentials – Learn to Train

Where: Alberta

Standards

- Competitors must be members in good standing with an Alberta Alpine club
- All U12 races will be run in single run race format
- Each participant must be a member in good standing of an Alberta Alpine Club.
- Each coach must be a member in good standing as an accredited ACACSC coach.
- Races and events must be sanctioned by Alberta Alpine and Alpine Canada Alpin.
- TDs 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.
- These races will be set to the U12 course setting rules as outlined in the AASA Course Setting Rules

Series Communications Only for U12 Provincial Series

To streamline communications for ROC and coaches there will be a traveling Whatsapp group for the series this season this chat is for registered coaches and approved ROC members only.



https://chat.whatsapp.com/CemGFFVCknvEC0a0JqxrYN

11.7 NGSL

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 foru10 athletes. U10 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 Alpine Canada's LTAD and Strive program 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.

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- 9 years of age. U10 (4-9 years old) is the primary age category, however additional age categories can be used at events (U8, U6).

Who: Competitors aged 4 to 9 (as of December 31st of the current year).

LTAD: Skier Essentials – Learn to Train

Where: Club, North Zone & South Zone

Competition Recommendation

• 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

- Zone NGSL Races are for U10 age and younger categories.
- Clubs must race with in their Zone.
- The U10 NGSL zone races remain focused on U10 and below aged athletes.
- Clubs have been assigned to one of two different zones based on geographical location and registered entry level numbers in that area.
- 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.*

Standards

- Each participant must be a member in good standing of an Alberta Alpine Club
- Each coach must be a member in good standing as an accredited ACACSC coach.
- Races and events must be sanctioned by Alberta Alpine and Alpine Canada Alpin.
- TDs 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 certification as Entry Level Coaches.
- These races will be set to the U10 race rules as outlined in the AASA Course Setting Rules

12.0 Age Class Working Groups

Each series has a working group of coaches identified as the leaders and representatives for that age group that work alongside the Provincial Athletic Director. These individuals are dedicated to helping coaches and athletes at all the races and returning feedback and suggestions to AASA for future series improvements. Over the summer these groups help define the path forward and champion changes for each age group.

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NZ Regional Series

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