

2016-17 Course Setting Specifications for U16 and Younger (Scored and Non-Scored) -- Final 10/14/16

		U10 and younger	U12	U14	U16
Downhill (DH) 700 and U1253	Distance between gates ¹	X	X	50 m max.	As required
	Vertical drop			350 m max.	500 m max.
	Direction changes			As required	As required
Slalom (SL) 800 and U1254	Distance between gates ¹	Combination 4-6 m; Open 6-10 m; Delay 11-14 m		Combination 4-6 m; Open 7-11 m; Delay 12-15 m	
	Vertical drop	Max. 100 m	Max. 120 m	Max. 140 m	Max. 160 m
	Additional requirements	Max. 2 hairpins; Max. 1 vertical combination; Max. 1 delay gate*		2-4 hairpins; 1-2 verticals (3 gates max); 1-3 delays	3-6 hairpins; 1-3 verticals (3-4 gates max); 1-3 delays
Giant Slalom (GS) 900 and U1255	Distance between gates ¹	Open 15-22 m; Delay min 8 m between successive gates and 30 m max from turning pole to turning pole		Open 15-25 m; Delay min 10 m between successive gates and 35 m max from turning pole to turning pole	Open 15-27 m; Delay min 10 m between successive gates and 35 m max from turning pole to turning pole
	Vertical drop	Max. 200 m	Max. 250 m	Max. 300 m	Max. 350 m
	Additional requirements	Variety of terrain suggested			
Super G (SG) 1000 and U1256	Distance between gates ¹	X	22-35 m Delay min 10 m between successive gates and 45 m max from turning pole to turning pole	Open 25-40 m; Delay min 15 m between successive gates and 50 m max from turning pole to turning pole	Open 25-45 m; Delay min 15 m between successive gates and 55 m max from turning pole to turning pole
	Vertical drop		Max. 300 m	Max. 350 m	Max. 450 m
	Direction changes		8-12% of vertical drop ²	8-12% of vertical drop ²	8-12% of vertical drop
	Additional requirements		Min. of 1 jump recommended	Min. of 1 jump recommended	Min. of 1 jump recommended
			Training run required (U1256.4) ⁴	Training run required (U1256.4) ⁴	Training run recommended (U1003.2.1)
			Variety of terrain suggested		
Parallel	Distance between gates ¹	10-20 m ³			
	Maximum vertical drop	100 m			
Kombi - SL/GS U1259	Distance between gates ¹	SL 6-10 m, GS 12-20 m	SL 6-10 m, GS 12-20 m		
	Maximum vertical drop	150 m	180 m	200 m	

¹ Gate distances correspond to distance between turning gates, with the exception of SL combination distance, which refers to gate width.

² Per USSA ACR U1256.3, based upon hill topography and field ability, the Jury may increase the gates to a maximum of 14% of vertical drop (counting only those requiring change of direction).

³ Distance between courses should be 8-12m.

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

* Divisions or States may apply a minimum combination requirement for a championship series

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