



# U10 - U12

| Ontario Setting Guidelines for Childrens Alpine Ski Racing - Alpine Ontario - December 2020 |                             |                            |                                   |                                    |                                   |  |   |
|---|-----------------------------|----------------------------|-----------------------------------|------------------------------------|-----------------------------------|--|---|
| AGE   | DETAILS                     | DUALS (DSL)                | PANELLED SL (PSL)                 | KINDER KOMBI (KK)                  | SLALOM (SL)                       | GIANT SLALOM (GS)                              | SPEED   |
| U10<br>9 and  | VERTICAL DROP               | AS TERRAIN ALLOWS          | AS TERRAIN ALLOWS                 | AS TERRAIN ALLOWS                  | AS TERRAIN ALLOWS                 | AS TERRAIN ALLOWS                              | USE EASY SKI CROSS/FUNSKI TYPE TERRAIN TO DEVELOP ADAPTATION SKILLS, SNOW PARK FEATURES SECTIONAL TRAINING STARTS, DH STOPS, TUCKING GLIDING, JUMPING, WAVE TANK ABSORPTION, SIDEHILLS, DROP OFFS<br><br>SPEED TRAPS, GLIDING TRACK, BANK TURNS, SKATING TO TUCKS |
|   | NUMBER OF GATES             | SL 15-35 GS 15-20          | 20-40 Approx.                     | 20-40 Approx.                      | 25-45 Approx.                     | 35 MAX Turns                                   |   |
|   | VERTICAL DISTANCE (MIN/MAX) | SL 4-10M GS 12-16 M        | 4-12M                             | SL 4-10M GS 12-16M                 | 4-10 M                            | 12-16 M PANELS                                 |   |
|   | TYPE OF GATE                | STUBBIES OR 25mm PANELS    | 25mm PANELS                       | STUBBIES AND 25mm PANELS           | STUBBIES/ 25mm GATES              | 25-27mm 60cm PANELS                            |   |
|   | TURN SHAPE                  | 1/2 TO 3/4                 | 1/2 TO 3/4                        | 1/2 TO FULL                        | 1/2 TO FULL                       | 3/4 TO FULL                                    |   |
|   | COMBINATIONS                | NONE                       | MINOR RYTHYM CHANGES AND NONE     | MIN. 4 RYTHYM CHANGES/ SINGLE NONE | SINGLE GATE RYTHYM/DIRECTION NONE | RYTHYM CHANGES/CHICANES MAX 1 DELAY (MAX 18 M) |   |
|   | DELAY GATES                 | NONE                       | NONE                              | NONE                               | NONE                              | NONE   |   |
| NUMBER OF RUNS  | MULTI SINGLE RUN FUN RACES  | MULTI SINGLE RUN FUN RACES | MULTI SINGLE RUN FUN RACES        | MULTI SINGLE RUN FUN RACES         | MULTI SINGLE RUN FUN RACES        | MULTI SINGLE RUN FUN RACES                     |   |
|   | SNOW STARS LEVEL            | 2,3,4                      | 2,3,4                             | 2,3,4                              | 2,3,4                             | 2,3,4  |   |
| U12<br>10-11  | VERTICAL DROP               | AS TERRAIN ALLOWS          | AS TERRAIN ALLOWS                 | 140 MAX                            | 120 MAX                           | 200 MAX  | USE EASY SKI CROSS/FUNSKI TYPE TERRAIN TO DEVELOP ADAPTATION SKILLS, SNOW PARK FEATURES SECTIONAL TRAINING STARTS, DH STOPS, TUCKING GLIDING, JUMPING, WAVE TANK ABSORPTION, SIDEHILLS, DROP OFFS<br><br>SPEED TRAPS, GLIDING TRACK, BANK TURNS, SKATING TO TUCKS |
|   | NUMBER OF GATES             | SL 15-35 GS 15-20          | 20-40 Approx.                     | 50 MAX                             | 25-50 MAX                         | 13-18%   |   |
|   | VERTICAL DISTANCE           | SL 6-10 M GS 12-18 M       | 6-12M                             | SL6-12M GS 14-20M                  | 6-11 M                            | 14-20M   |   |
|   | TYPE OF GATE                | STUBBIES OR 25MM PANELS    | 25MM PANELS                       | STUBBIES AND 25mm PANELS           | STUBBIES/ 25mm GATES              | 25-27mm 60cm PANELS                            |   |
|   | TURN SHAPE                  | 1/2 TO 3/4                 | 1/2 TO 3/4                        | 1/2 TO FULL                        | 1/2 TO FULL                       | 1/2 TO FULL                                    |   |
|   | COMBINATIONS                | NONE                       | RYTHYM/DIRECTION CHANGES AND NONE | MIN. 4 RYTHYM CHANGES/ SINGLE NONE | SINGLE GATE COMBOS - MAX 2 NONE   | RYTHYM CHANGES/CHICANES MAX 1 DELAY (MAX 22 M) |   |
|   | DELAY GATES                 | NONE                       | NONE                              | NONE                               | NONE                              | NONE   |   |
|   | NUMBER OF RUNS              | MULTI SINGLE RUN FUN RACES | MULTI SINGLE RUN FUN RACES        | MULTI SINGLE RUN FUN RACES         | AOA GUIDELINES                    | AOA GUIDELINES                                 |   |
|   | SNOW STARS LEVEL            | 2,3,4                      | 2,3,4                             | 2,3,4                              | 2,3,4                             | 2,3,4  |   |