



Provincial Competition Rules Ontario

2024 - 25

v25.5

updated 2024 12 10



1. PROVINCIAL COMPETITION RULES.....	3
1.1. Eligibility	4
1.2. Prizes	4
1.3. Race Organizing Committee	5
1.4. Classification – Year of Birth	6
1.5. Youth Provincial Alpine Competitions	6
1.6. Group Draw and Start Order	10
1.7. Course Setting	12
1.7.1. SL	12
1.7.2. GS.....	13
1.7.3. SG.....	13
1.7.4. PAR	14
1.8. Parallel.....	15
2. SPECIFICATIONS FOR ALPINE COMPETITION EQUIPMENT.....	17
2.1. Skis.....	17
2.2. Helmets.....	17
2.3. Other Equipment	18
3. SELECTION CRITERIA FOR PROVINCIAL COMPETITIONS	19
3.1. U14 Provincial Finals.....	21
3.1.1. LSDA	21
3.1.2. NCD	21
3.1.3. NOD.....	21
3.1.4. SOD.....	22
3.1.4.1. OCUP	22
3.1.4.2. SCUP	22
3.2. U16 Provincial Finals.....	24
3.2.1. LSDA	24
3.2.2. NCD	24
3.2.3. NOD.....	24
3.2.4. SOD.....	24
3.2.4.1. OCUP	24
3.2.4.2. SCUP	25
4. SELECTION CRITERIA FOR NATIONAL/INTERNATIONAL COMPETITIONS	26
4.1. U14 CanAm	26
4.2. U14 Whistler Cup	27
4.3. U16 Eastern Finals	28
4.4. U16 Whistler Cup	28
5. RACE OPERATIONS.....	30



6. SPECIFICATIONS FOR POLES.....	30
6.1. Length of Upright Pole Above Surface of Snow	30
6.2. Diameter of Upright Pole	30
7. REFERENCE.....	31
7.1. WC 500 Points	31
7.2. WC 100 Points	31
7.3. Glossary.....	32
7.4. Tables	33
7.5. Change Log	34
7.6. PAR Finals Bracket 8	35
7.7. PAR Finals Bracket 16	36
7.8. PAR Finals Bracket 32	37
7.9. Equipment Chart.....	38
7.10. Technical Data & Course Setting.....	39

1. Provincial Competition Rules

Competitions follow the rules issued by the governing bodies of alpine ski racing in Ontario: Alpine Ontario Alpin (AOA), Alpine Canada Alpin (ACA), and the International Ski and Snowboard Federation (FIS). These rules apply during the current season from **July 1st** to **June 30th**.

AOA issues these Provincial Competition Rules (PCR ON) and Precisions for competitions in Ontario under AOA sanction. These provincial rules and precisions:

- *clarify* the national/international rules, by adding more descriptive information to an existing national/international rule
- *modify* the national/international rules, by adjusting a national/international rule for provincial competitions
- *add* to the national/international rules, by adding a provincial rule that does not exist in the national/international rules

ACA issues the National Competition Rules (NCR) and other rules documents, which are available at <https://www.alpinepoints.ca/files/>.

FIS issues the International Competition Rules (ICR) and other rules documents, which are available at <https://www.fis-ski.com/>, including, but not limited to:

- [Alpine Skiing Documents](#)
 - International Competition Rules (ICR)
 - Precisions
 - FIS Points Rules
 - Memorandum for the Technical Delegate
 - Safety Material List
 - Homologated and Specifications for Flex Poles Alpine Courses
 - Homologated and Specifications for Gate Panels Alpine Courses
- [Alpine Skiing Timing & Data](#)
 - Alpine Skiing Timing Booklet
 - Timing Report User Manual
 - EET Calculator
- [Commercial Markings on Equipment](#) (Inside FIS Document Library Marketing)
 - Specifications for Alpine Competition Equipment
- [Medical Publications](#) (Inside FIS Document Library Medical)
 - FIS Medical Guide

NOTE: *blue italics* identify text that is re-printed in the PCR for clarity, coming from the ICR, other FIS documents or NCR.

1.1. Eligibility

Athletes must [register with AOA](#) in their respective categories for the current season, which runs from **July 1st** to **June 30th**.

U16 and U14 athletes must complete the [ACA Fitness Combine](#) between **September 1st** and **December 31st**, and results must be emailed to memberservices@alpineontario.ca by **December 31st**.

Note that for U16 and U14 athletes in the SCUP race series who do *not* attend Provincial Finals, Fitness Combine results are optional.

For U18 and U21 entry into OCUP U16 Races, all athletes must have a Canadian **or** FIS card*

*Athletes holding a FIS card must have greater than 100 FIS points in both technical disciplines (SL and GS) at the publishing of the 12th FIS list of calendar year. Athletes with below 100 FIS points in SL or GS at the 12th FIS list will **NOT** be eligible for to take part in the race series. If, however, an athlete with greater than 100 FIS points falls below 100 FIS points after the November FIS list, the athlete would still be eligible for competition.

U18 and older athletes are not eligible to enter in the U16 OCUP Finals

Specific eligibility requirements for Divisional series (such as SCUP) will be listed in the Divisional guidelines.

1.2. Prizes

219-ON	U8	3 rd - 1 st team recognition**
	U10	3 rd - 1 st team recognition**. Individuals - 10 th - 1 th are recognized.
	U12	10 th - 4 th are recognized, 3 rd - 1 st receive medals.
	U16 U14	10 th - 4 th are recognized, 3 rd - 1 st receive medals.
	U18	5 th -4 th are recognized, 3 rd - 1 st receive medals.
	OPEN*	5 th -4 th are recognized, 3 rd - 1 st receive medals.
	BIGGEST MOVER*	Given at all ON FIS races, this award goes to the athlete with the largest positive delta between their start number and their finish position.

*Presented at ON FIS Races only

**In series where team scoring is done

All competitors and coaches should attend the prize-giving.

1.3. Race Organizing Committee

601.3.7-ON The Race Administrator (RA) ensures that the result XML file is available for transmission, if possible, within 1 hour after completion of the event:

- National: upload to <https://alpinepoints.ca/results/upload/login/>
- FIS: email
 - To: results@fiski.com
 - Subject: **CAN####_td** (####: four-digit codex, **td**: is TD number)
 - Body of the email: empty
 - Attachment: XML file

1.4. Classification – Year of Birth

607.3 (NCR 1.2.1)

Table 1: Classification - Year of Birth

Classification	Competition Year 2024 - 2025	Competition Year 2025 - 2026
U8	2018	2019
	2017	2018
U10	2016	2017
	2015	2016
U12	2014	2015
	2013	2014
U14	2012	2013
	2011	2012
U16	2010	2011
	2009	2010
U18	2008	2009
	2007	2008
U21	2006	2007
	2005	2006
	2004	2005

1.5. Youth Provincial Alpine Competitions

608-ON Youth Provincial Alpine Competitions

608.1-ON Provincial competitions are to be approved by AOA and published in the AOA Calendar.

The mid-winter break school holiday (March Break) is published by the Ministry of Education (see <https://www.ontario.ca/page/school-year-calendars>).

Provincial Finals for U16 and U14 are held every season, from the Thursday before March Break to the Tuesday after March Break.

The Mid-winters are held before Canada Winter Games, which are held every 4 years i.e., 2027 (Feb 26 - Mar 15), 2031, ...

Table 2: Provincial Competitions Calendar

Provincial Competitions	2025	2026	2027	2028
U14 Provincial Finals	NCD	SOD	NCD	SOD
U16 Provincial Finals	NOD	LSDA	SOD*	LSDA
U16 Eastern Finals	SOD	QC	NOD*	QC
U16 Mid-winters	-	-	SOD*	-
<i>* to be confirmed</i>				

608.2-ON Technical Delegates are proposed by the Ontario Officials Committee.

608.4-ON **Quota regulations**

608.4.1-ON See [Selection Criteria for Provincial Competitions](#) for divisional quotas.

608.4.3-ON For OCUP races where two age categories are present, priority entry will be given to the younger age category, and then to the older age category according to national points.

608.4.4-ON Any unused quota may be reassigned by AOA.

608.5-ON **Start Order**

608.5.4-ON The divisional team captains are responsible for the identification of participants.

608.5.5.1-ON For the U14 and U16 Provincial Finals (OCUP Finals), all competitors who may compete in the series will be included in the initial draws.

For the initial draw for technical events (SL, GS), all competitors are drawn in one group.

For the initial draw for speed event(s) (SG), all competitors are drawn in one group.

The initial draw is valid for two (2) races, after which another draw will be done.

The start order for the first technical event will use the initial draw order.

The start order for the second technical event will start with the 2nd half of the initial draw, followed by the 1st half of the initial draw (i.e. “switch halves”). See tables below.

Table 1 AOA U16 OCUP Finals Start Order - Sample 101 Competitors

Race	Run 1	Run 2 (reverse)
1	1 to 101	101 to 1
2	51 to 101, 1 to 50	50 to 1, 101 to 51
3	101 to 1	1 to 101
4	50 to 1, 101 to 51	51 to 101, 1 to 50
100 total competitors, 50/51 in each “half”		

Table 2 AOA U16 OCUP Finals Start Order - Formula

Race	Run 1	Run 2 (reverse)
1	1 to n	n to 1
2	$(m + 1)$ to n , 1 to m	m to 1, n to $(m + 1)$
n = total competitors, m = $n/2$, rounded down		

608.5.6-ON **Start order 2nd runs**

In competitions with two runs, the starting order for the second run is the reverse order of the 1st run start order, including competitors with a 1st run DSQ or DNF.

608.6.1-ON **Provincial Finals** may include Slalom, Giant Slalom, Super-G, Parallel, or team competition (e.g., Mixed Team Parallel).

608.6.1.1-ON For Provincial Finals U14, the 4 races will include: SL, GS, SG, PAR.

608.6.1.2-ON For Provincial Finals U16, the 5 races will include: 2 x SL, 2 x GS, SG.

608.10-ON **Overall Provincial Champion** [WC 500 points](#) are assigned to competitors based on their results in the Provincial Finals. The competitor with the highest total points is the Overall Provincial Champion. In case of a tie, there will be multiple Overall Provincial Champions.

1.6. Group Draw and Start Order

621.3.1-ON **OCUP U16 and U14** The starting order of the competitors for the SL series, GS series and the SG series is determined before the first race of the series.

621.3.1.1-ON For OCUP U16 – 3 initial draws, one for each SL GS SG series:

- 1) Draw each division in one group. (4 draws, 1 per division)
- 2) Divide each division into 4 even groups, referred to as A B C D.
- 3) Draw each group in one group. (4 draws, 1 per group A to D. Note that each group has competitors from each division.)
- 4) Divide each group into 4 even subgroups, referred to as 1 to 4, maintaining the order determined by the draw in step 3. The result is 16 subgroups A1 to D4.
- 5) Within subgroups A1 to D4, each competitor is assigned a position, maintain the order determined by the draw in step 3.

Competitors who are added to the race series after the initial draw will be added sequentially to the last position in D4, D3, ... A1. If more than 16 competitors are added, the 17th competitor will be added sequentially to the last position in D4, D3, ...A1, etc.

If there are more than 4 races in the series, the 5th race will return to the start order for race 1, etc. The start order for the races in the series will be:

Table 3: Start Order OCUP U16

Start Order OCUP U16			
Race 1	Race 2	Race 3	Race 4
A1	C3	B2	D4
A2	C4	B3	D1
A3	C1	B4	D2
A4	C2	B1	D3
B1	D3	C2	A4
B2	D4	C3	A1
B3	D1	C4	A2
B4	D2	C1	A3
C1	A3	D2	B4
C2	A4	D3	B1
C3	A1	D4	B2
C4	A2	D1	B3
D1	B3	A2	C4
D2	B4	A3	C1
D3	B1	A4	C2
D4	B2	A1	C3

621.3.1.2-ON For OCUP U14 - 3 initial draws, one for each SL GS SG series:

- 1) Draw each division in one group. (4 draws, 1 per division)

- 2) Divide each division into 3 even groups, referred to as A B C.
- 3) Draw each group in one group. (3 draws, 1 per group A to C. Note that each group has competitors from each division.)
- 4) Divide each group into 3 even subgroups, referred to as 1 to 3, maintaining the order determined by the draw in step 3. The result is 16 subgroups A1 to C3.
- 5) Within subgroups A1 to C3, each competitor is assigned a position, maintaining the order determined by the draw in step 3.

Competitors who are added to the race series after the initial draw will be added sequentially to the last position in C3, C2, ... A1. If more than 9 competitors are added, the 10th competitor will be added sequentially to the last position in C3, C2, C1, ... A1, etc.

If there are more than 3 races in the series, the 4th race will return to the start order for race 1, etc. The start order for the races in the series will be:

Table 4: Start Order OCUP U14

Start Order OCUP U14		
Race 1	Race 2	Race 3
A1	B2	C3
A2	B3	C2
A3	B1	C1
B1	C2	A3
B2	C3	A2
B3	C1	A1
C1	A2	B3
C2	A3	B2
C3	A1	B1

- 621.3.2-ON **Starting Order at Provincial Championships** As an alternative to 621.3-ON for provincial championships, the Jury will draw start numbers as per 608.5.5-ON.
- 621.6-ON **The draw** should take place on the day before the race. For night races, the draw must take place at the latest before noon on the race day.
- 621.8-ON The draw should be held in a Team Captains' Meeting.
- 621.11-ON **Starting Order for the 2nd Run**
- 621.11.1-ON In competitions with two runs, the starting order for the second run is the reverse order of the 1st run start order, including competitors with a 1st run DSQ or DNF.

1.7. Course Setting

603.7.3.1-ON If multiple age categories are competing in the same course, course setting should be based on the specifications for one category older than the youngest category e.g., in a course set for U14 U12 U10, use U12 specifications. Maximum vertical drop for the youngest category should be respected.

1.7.1. SL

801.2.3-ON **SL Gates**

A gate must have a minimum width of 4 m and a maximum of 6 m.

The distance from turning pole to turning pole of successive gates must not be less than 6 m and not more than 13 m (valid for all categories).

Exceptions: U16 - U14 competitions: - between 7 m and 11 m,

U12 - U10 competitions: - between 5 m and 10 m

The distance between gates within combinations (hairpin or vertical) must be not less than 0.75 m and not more than 1 m. The gates in hairpin or vertical combinations must be set in a straight line.

Delayed gates must have a minimum distance of 12 m and a maximum distance of 18 m (U16 - U14 Competition 15 m) (U12 - U10 competition 13m) from turning pole to turning pole.

The distance between the gates within a delayed combination must be not less than 0.75 m from either turning pole.

801.2.4-ON **SL Number of Direction Changes**

(number of direction changes by rounding up or down of the decimals)

for all FIS events: - 30% to 35% of the vertical drop, +/- 3 direction changes.

Exception for U16-U14 competitions: - 32% to 38% +/- 3 direction changes.

*U12-U10 competitions: **25 - 50** direction changes.*

801.2.4.1-ON Exception for cases where the number of direction changes cannot be fulfilled due to terrain.

803.2.1-ON **U10 - U16**

- U16: minimum 3 and maximum 6 hairpin combinations and minimum 1 and maximum 3 vertical combinations consisting of 3 - maximum 4 gates. It must also contain a minimum of one and a maximum of three delayed turns

- U14: minimum 2 and maximum 4 hairpin combinations and minimum 1 and maximum 2 vertical combination consisting of maximum 3 gates. It must also contain a minimum of one and a maximum of two delayed turns.

- U12: minimum 1 and maximum 3 hairpin combinations and minimum 0 and maximum 1 vertical combinations consisting of maximum 3 gates. It must also contain a minimum of zero and a maximum of one delayed turn. The course should have no special technical difficulties.

- U10: minimum 0 and maximum 2 hairpin combinations and minimum 0 and maximum 1 vertical combinations consisting of maximum 3 gates. It must also contain a minimum of zero and a maximum of one delayed turn. The course should have no special technical difficulties.

1.7.2. GS

901.2.3-ON **GS Gates** *The gates must be at least 4 m and at most 8 m wide.*

In U16-U14 competition the distance between the nearest turning poles of two successive gates must not be less than 10 m. The distance between turning pole and turning pole must be not more than 27 m.

In U12 competition, the distance between the nearest turning poles of two successive gates must not be less than 14 m, and not more than 20 m.

In U10 competition, the distance between the nearest turning poles of two successive gates must not be less than 11 m, and not more than 17 m.

901.2.4-ON **GS Number of Direction Changes**

The Giant Slalom has to be set as follows (number of direction changes by rounding up or down of the decimals): U16-U14-U12: 13% - 18% of the vertical drop. U10: maximum 35

1.7.3. SG

1001.3.4 **The Super-G** *must be set as follows: ...*

The distance between the turning poles of two successive gates must be at least 25 m (exception: art. 1003.1.1).

1003.1.1 *It is recommended to set the gates to make the best use of the terrain; Gate combinations according to art. 803.3 are allowed only in small numbers. The distance between the successive turning poles can in this case be less than 25 m, but must be at least 15 m.*

1003.1.4 *U16 - U14 Super-G should be carried out in a form of varied run. The basic form should consist of jumps and gliding elements. The choice of course*

and course setting has to follow the speed and the U16 - U14 level of skill. They should learn controlled speed and gliding.

1003.1.5-ON **Course Setting for U14** *Different courses must be adapted for U14 and U16, which should have turning radiuses corresponding to their age. See [Skis](#) to be used.*

1.7.4. PAR

- 1224.1 *... Poles and panels are red for the course on skier´s left and blue for the course on skier´s right...*
- 1224.3 *After the last gate, the separation between the two courses must be marked to direct each competitor towards the middle part of their respective finish.*
- 1225 **Distance between the two Courses** *The distance between two corresponding gates (from turning pole to turning pole) should be no less than 8 m. The distance between the centre of the start doors should be the same as between the two courses.*
- 1227.2 *The finish line is split in two parts and marked. Each of these must be at least 8 m wide.*
- 1227.3 *It is necessary to visually divide the finish to keep the competitors separated after the finish line.*

1.8. Parallel

1229-ON **Timing**

For Qualification, the individual run times are measured from start to finish. For Elimination Heats, the difference in time is measured at the finish.

1230.1.1-ON **Qualification:** All Parallels must have a qualification for all eligible competitors. The starting order for the Qualification shall be determined by drawing all competitors in one group. The fastest 8 competitors from the qualification will advance to the first round (round of 8) of the Elimination Heats. In case of a tie for the 8th position, the competitor with the higher bib number qualifies. Exception for where the event programme may permit 16 (see [PAR Finals Bracket 16](#)) or 32 (see [PAR Finals Bracket 32](#)) competitors.

1230.2.3 *Start order: following the order of the Bracket list, from top to bottom. All heats race in succession their first run and then their second. For each pair the competitor, who is listed first or respectively on top of the pairing, will start on the red course for the first run. For the second run the competitors change courses. The following rounds follow the Bracket list from top to bottom.*

1230.4-ON **Quarter-finals – Elimination Heats**

1230.4.1-ON The eight qualified competitors start according to the bracket list in heats from top to bottom. See [PAR Finals Bracket 8](#).

1230.4.2-ON The losing four competitors are ranked according to time from the Qualification. (5th – 8th)

1232.1 *Reasons for disqualification are the following:*

- *changing from one course to another*
- *interfering with an opponent, accidentally or not*
- *Not passing through a gate correctly (art. 661.4.2)*
- *Stepping back (art. 614.2.3)*

1232.2 **Penalty Time** *The penalty time will be 0.50 sec. In all cases the time difference for the start of the second run of each pairing can never be higher than the penalty time.*

- 1232.3 *The competitor who is disqualified first or does not finish in the first run of a heat will start the second run with a penalty time. If both competitors are disqualified or did not finish in the first run the competitor who completed the most gates before disqualification or did not finish is the winner of the first run.*
- 1232.4 *If both competitors do not finish the second run, the result of the first run counts. If both competitors were tied after the first run, the winner of the second run or the competitor who completed the most gates in the second run will advance to the next round. If only one competitor is disqualified or does not finish in the second run of a heat the competitor is eliminated.*
- If both competitors are tied after the second run the competitor who wins the second run advances to the next round. In case of a tie in both runs the competitor with the lower bib will advance to the next round.*
- 1232.5 *If both competitors are tied after the second run in the Final and/or the Small Final, competitors will be ranked equally (tie). They will be ordered by descending bib number.*

2. SPECIFICATIONS FOR ALPINE COMPETITION EQUIPMENT

2.1. Skis

Table 5: 1.1.2-ON Component A: Alpine Racing Skis

Alpine Racing Skis				
Parameter	Event	U14	U16	U18-U21⁵
Ski length (cm)	<i>SG Women</i>		<i>183 min</i>	<i>188 min</i>
	<i>SG Men</i>		<i>183 min</i>	<i>193 min</i>
	<i>GS Women</i>	<i>188 max.</i>	<i>188 max.</i>	<i>175 min</i>
	<i>GS Men</i>	<i>188 max.</i>	<i>188 max.</i>	<i>182 min</i>
	<i>SL Women</i>	<i>130 min</i>	<i>130 min</i>	<i>150 min</i>
	<i>SL Men</i>	<i>130 min</i>	<i>130 min</i>	<i>155 min</i>
Radius (m)	<i>SG Women</i>	<i>17 min¹</i>	<i>23 min³</i>	<i>30 min</i>
	<i>SG Men</i>	<i>17 min²</i>	<i>23 min⁴</i>	<i>30 min</i>
	<i>GS Women</i>	<i>17 min</i>	<i>17 min</i>	<i>23 min</i>
	<i>GS Men</i>	<i>17 min</i>	<i>17 min</i>	<i>23 min</i>
Waist (mm)	<i>SG Women</i>	<i>65 max.</i>	<i>65 max.</i>	<i>65 max.</i>
	<i>SG Men</i>	<i>65 max.</i>	<i>65 max.</i>	<i>65 max.</i>
	<i>GS Women</i>	<i>65 max.</i>	<i>65 max.</i>	<i>65 max.</i>
	<i>GS Men</i>	<i>65 max.</i>	<i>65 max.</i>	<i>65 max.</i>

¹ FIS U14 SG W no min

³ FIS U16 SG W 30m


² FIS U14 SG M no min

⁴ FIS U16 SG M 30m

⁵ National point events

2.2. Helmets

Table 6: 1.6 - Crash Helmets

Helmets	
DH SG GS PAR	Safety Standards
	ASTM 2040 EN 1077 (class A) at test speed of 6.8m/s + Label attesting conformity with FIS specifications for racing helmets "RH 2013" (10mm x 15mm)
	
SL	Minimum standards
	ASTM 2040 EN 1077 (class B)

3.6.4 **Alteration/modification/additional element**

The helmets shall be used without alteration/modification, as certified by the manufacturer. Furthermore, no additional element/equipment shall be affixed on the surface of the helmet.

2.3. Other Equipment

3.4-ON **Competition Suits** are prohibited for U10.

3.5.1.1 **Definition** *The back protector is an additional item of equipment, which protects the athlete's back against weather and external forces.*

3.5.1.2 **Specifications** *The back protector must adapt to the anatomical bend of the athlete's spine and lie flat against the body. The top edge of the back protector must be situated in the area of the spinal column and may not go above the 7th cervical vertebrae (C7). The maximum thickness must be in the middle part and may not exceed 45 mm; the thickness reduces at the edges of the back protector. Designs with the alter to improve aerodynamic properties are forbidden. The back protector must be worn underneath the competition suit.*

3.5.1.3 *Recommendation for specifications for children*
Children under 12 years, U14 and U16 should use back protectors.

3.6.6-ON No chin guards on helmets for SG and GS.

3.6.7-ON No hand guards on poles for SG and GS.

3.6.8-ON Mouth guards are recommended.

3. Selection Criteria for Provincial Competitions

Table 7: Provincial Competitions

	Competition	Site	2025	Appeal Deadline	Notes
U14	Provincial Finals (OCUP Finals)	NCD	Mar 12-16	As listed in division criteria	<ul style="list-style-type: none"> · SCUP: Fitness Combine due Mar 7th · results used to select Team ON for CanAm, Whistler Cup
U16	Provincial Finals (OCUP Finals)	NOD	Mar 7-11	As listed in division criteria	<ul style="list-style-type: none"> · SCUP: Fitness Combine due Mar 3rd · results used to select Team ON for Eastern Finals
U16	<i>Mid-winters</i>	-	-	-	· <i>results used to select Team ON for Canada Winter Games (2027)</i>

The selection committees in each of the four divisions are responsible for selecting their teams based on the provincial finals quota allocations outlined in Table 8 and following their respective selection guidelines specified in Sections 3.1 and 3.2.

To appeal a divisional team selection for a provincial competition, submit your request to your division by the deadline outlined in your divisional guidelines.

The division may reserve 13% of the divisional quota for appeals. Appeals will be assessed on a case-by-case basis by the divisional Appeals Committee. Reasonable grounds for an appeal may include injury, illness or extenuating circumstances. After all appeals have been processed, any unused quota may be re-assigned by the division. Unused divisional quota will be returned to Alpine Ontario for reassignment by the Alpine Ontario Athletic Committee. Host divisions may apply for additional quota spots to Alpine Ontario a minimum of 14 days prior to the OCUP Finals. In extenuating circumstances the Alpine Ontario Athletic Committee may request an increase in total field size to accommodate.

Each division is allocated a base quota of 12 spots. Additional quotas are allocated to divisions based on their share of provincial representation, calculated as a percentage of combined male and female registrations within the respective age category as recorded by December 15 of that year. Division quotas are to be allocated equally by gender. However, if a division faces a significant gender disparity in registrations, they may adjust their allocations to reflect the percentage discrepancy, with a maximum adjustment limit of 20%. If a division has a disparity

for more than 1 year, a review will be conducted to ensure sustained equitable outcomes going forward.

Table 8: Provincial Finals Quotas

Quotas	U14 Provincial Finals						U16 Provincial Finals					
	Female			Male			Female			Male		
	Base Quota	Allocation by Registration %	Total	Base Quota	Allocation by Registration %	Total	Base Quota	Allocation by Registration %	Total	Base Quota	Allocation by Registration %	Total
LSDA	6	a	6+a	6	b	6+b	6	c	6+c	6	d	6+d
NCD	6	e	6+e	6	f	6+f	6	g	6+g	6	h	6+h
NOD	6	i	6+i	6	j	6+j	6	k	6+k	6	l	6+l
SOD	6	m	6+m	6	n	6+n	6	o	6+o	6	p	6+p
Total	90			90			80			80		
	180						160					

3.1. U14 Provincial Finals

3.1.1. LSDA

Competitors in the LSDA U14 race series are eligible for selection.

See [Selection Criteria for Provincial Competitions](#) for LSDA divisional quota.

[WC 100 points](#) are assigned to competitors based on their results in the LSDA U14 race series, relative to only LSDA competitors, as listed in the following table. Competitors with the highest total qualifying points will qualify for selection.

Table 9: U14 Provincial Finals - Qualifying for Team LSDA

U14 Provincial Finals - Qualifying for Team LSDA
- 11 results from runs/races in LSDA U14 race series, relative to only LSDA competitors
1) best 4 of 6 SL runs (6 SL runs, may include 2 panelled SL runs)
2)
3)
4)
5) best 4 of 6 GS runs (or best 3 of 4 GS runs, if only 4 GS runs available)
6)
7)
8)
9) best SL race
10) best GS race
11) best SG race (or 2 nd best GS race, if SG run not available)

3.1.2. NCD

To be released

3.1.3. NOD

To be released

3.1.4. SOD

3.1.4.1. OCUP

Competitors in the OCUP U14 race series are eligible for selection.

See [Selection Criteria for Provincial Competitions](#) for SOD OCUP divisional quota.

[WC 500 points](#) are assigned to competitors based on their results in the OCUP U14 race series, relative to only SOD competitors, as listed in the following table. OCUP U14 race winners, and competitors with the highest total qualifying points, will qualify for selection.

Table 10: U14 Provincial Finals - Qualifying for Team SOD: OCUP

U14 Provincial Finals - Qualifying for Team SOD: OCUP
- OCUP U14 race winners
- WC 500 points for 7 results from runs/races in OCUP U14 race series, relative to only SOD competitors
1) best SL race
2) best GS race
3) 2 best other races, <i>not including (1) or (2) above</i>
4) 3 best SL or GS runs - <i>only 1 run per race is eligible</i>

3.1.4.2. SCUP

Competitors in the U14 SCUP race series are eligible for selection.

See [Selection Criteria for Provincial Competitions](#) for SOD SCUP divisional quota.

SOD will run a stand-alone race to qualify U14 SCUP athletes to OCUP Finals. This event will be referred to as the SCUP Qualifier. Each SOD club will receive a quota for entries into the Qualifier, calculated at a ratio of one spot per six athletes per gender and age group. Quota allocations will be rounded up or down for numbers not divisible by six—for example, a club with nine female U14 athletes would receive two spots, while clubs with seven or eight female U14 athletes would receive one spot. Clubs will be required to submit athletes' names by the Wednesday, February 12th at noon. Late submissions will not be accepted under any circumstances.

Competitors ranked 1-5 per gender at U14 SCUP Qualifiers will qualify for selection. If athletes ranked 1-5 turn down the opportunity, these spots may be rolled down to athletes ranked in the top 6.

Selected competitors must submit a Fitness Combine by the deadline – see [Selection Criteria for Provincial Competitions](#).

3.2. U16 Provincial Finals

3.2.1. LSDA

Competitors in the LSDA U16 race series are eligible for selection.

See [Selection Criteria for Provincial Competitions](#) for LSDA divisional quota.

[WC 100 points](#) are assigned to competitors based on their results in the LSDA U16 race series, relative to only LSDA competitors, as listed in the following table. Competitors with the highest total qualifying points will qualify for selection.

Table 11: U16 Provincial Finals - Qualifying for Team LSDA

U16 Provincial Finals - Qualifying for Team LSDA
- 11 results from runs/races in LSDA U16 race series, relative to only LSDA competitors
12)best 4 of 6 SL runs (6 SL runs, may include 2 panelled SL runs)
13)best 4 of 6 GS runs (or best 3 of 4 GS runs, if only 4 GS runs available)
14)best SL race
15)best GS race
16)best SG race (or 2 nd best GS race, if SG run not available)

3.2.2. NCD

To be released

3.2.3. NOD

To be released

3.2.4. SOD

3.2.4.1. OCUP

Competitors in the OCUP U16 race series are eligible for selection.

See [Selection Criteria for Provincial Competitions](#) for SOD OCUP divisional quota.

[WC 500 points](#) are assigned to competitors based on their results in the OCUP U16 race series, relative to only SOD competitors, as listed in the following table. OCUP U16 race winners, and competitors with the highest total qualifying points, will qualify for selection.

Table 12: U16 Provincial Finals - Qualifying for Team SOD: OCUP

U16 Provincial Finals - Qualifying for Team SOD: OCUP
- OCUP U16 race winners
- WC 500 points for 4 results from races in OCUP U16, relative to only SOD competitors
1) best SL race
2) best GS race
3) 2 best other races, <i>not including (1) or (2) above - only 1 SG race is eligible</i>

3.2.4.2. SCUP

Competitors in the SCUP U16 are eligible for selection.

See [Selection Criteria for Provincial Competitions](#) for SOD SCUP divisional quota.

Competitors in the U16 SCUP race series are eligible for selection.

See [Selection Criteria for Provincial Competitions](#) for SOD SCUP divisional quota.

SOD will run a stand-alone race to qualify U16 SCUP athletes to OCUP Finals. This event will be referred to as the SCUP Qualifier. Each SOD club will receive a quota for entries into the Qualifier, calculated at a ratio of one spot per six athletes per gender and age group. Quota allocations will be rounded up or down for numbers not divisible by six—for example, a club with nine female U16 athletes would receive two spots, while clubs with seven or eight female U16 athletes would receive one spot.

Clubs will be required to submit athletes' names by the Wednesday, February 12th at noon. Late submissions will not be accepted under any circumstances.

SOD will determine quotas for each club to enter their selected athletes in the U16 SCUP Qualifiers. Competitors ranked 1-5 per gender at U16 SCUP Qualifiers will qualify for selection. If athletes ranked 1-5 turn down the opportunity, these spots may be rolled down to athletes ranked in the top 6.

Selected competitors must submit a Fitness Combine by the deadline – see [Selection Criteria for Provincial Competitions](#).

4. Selection Criteria for National/International Competitions

Table 13: National and International Competitions

	Competition	Site	2025	Appeal Deadline	Notes
U14	CanAm	CAN	Mar 29 - Apr 1	Mar 18	· Team ON selected from results at Provincial Finals
	Whistler Cup	BC	Apr 9-13	Mar 26	
U16	Eastern Finals	SOD	Mar 20-24	Mar 13	· Team ON selected from results at Eastern Finals
	Whistler Cup	BC	Apr 9-13	Mar 26	

To appeal a provincial team selection for a national or international competition, email admin@alpineontario.ca by the deadline – see table above.

Appeals will be assessed on a case-by-case basis by the AOA Appeals Committee. Reasonable grounds for an appeal may include injury, illness or extenuating circumstances. After all appeals have been processed, any unused quota may be re-assigned by AOA.

4.1. U14 CANAM

Table 14: U14 CanAm Quotas

U14 CanAm Quotas			
Female		Male	
<u>Total 15</u>		<u>Total 15</u>	
LSDA reserve	1	LSDA reserve	1
NCD reserve	1	NCD reserve	1
NOD reserve	1	NOD reserve	1
SOD reserve	4	SOD reserve	4
	6		6
appeal* reserve	2	appeal* reserve	2

**13% of quota reserved for appeals*

[WC 500 points](#) are assigned to competitors based on their results in the U14 OCUP Finals, as listed in the following table.

Table 15: U14 CanAm - Qualifying for Team ON

U14 CanAm - Qualifying for Team ON	
- 4 results from runs/races at U14 Finals	
2)	best 2 of 6 non-SG runs: (1) GS1 (2) GS2 (3) SL1 (4) SL2 (5) QUA1 (6) QUA2*
3)	best 2 of 4 races: (1) SG (2) GS (3) SL (4) PAR
4)	

max. one (1) parallel **QUALification run can be used*

Competitors with the highest total qualifying points in their division will qualify for selection to their divisional reserve. If a competitor in the divisional reserve is not in the top 20 CanAm qualifying points, the divisional team captain from Provincial Finals must submit an appeal by the deadline – see [Selection Criteria for National/International Competitions](#).

After divisional reserve is selected, remaining competitors from all divisions with the highest total qualifying points will qualify for selection.

If required for seeding purposes, rank is based on results from U14 Finals. Ties will be broken by: (1) best run (2) 2nd best run (3) random draw.

4.2. U14 Whistler Cup

Table 16: U14 Whistler Cup Quotas

U14 Whistler Cup Quotas	
Female	Male
<u>Total 6</u>	<u>Total 6</u>
ON1 – 3	ON1 – 3
ON2 – 3	ON2 – 3

Competitors with the highest total CanAm qualifying points will qualify for selection.

Note that AOA will not manage the selected athletes – the athlete’s club will manage and coach the competitor. These selections provide clubs the opportunity to increase the number of U14 Whistler Cup athletes entered from their club, in addition to their club quota.

4.3. U16 Eastern Finals

Table 17: U16 Eastern Finals Quotas

U16 Eastern Finals Quotas	
Female	Male
<u>Total 30</u>	<u>Total 30</u>
race winners 5	race winners 5
21	21
appeal* reserve 4	appeal* reserve 4
<i>*13% of quota reserved for appeals</i>	

[WC 500 points](#) are assigned to competitors based on their results in the U16 Provincial Finals, as listed in the following table. U16 Provincial Finals race winners, and competitors with the highest total qualifying points will qualify for selection.

Table 18: U16 Eastern Finals - Qualifying for Team ON

U16 Eastern Finals - Qualifying for Team ON
- U16 Provincial Finals race winners
- <i>3 results from races at U16 Finals</i>
1) best 3 of 5 races at U16 Finals: (1) SG (2) GS (3) GS (4) SL (5) SL

4.4. U16 Whistler Cup

Team Canada will be selected by ACA.

Table 19 U16 Whistler Cup Quotas

U16 Whistler Cup Quotas	
Female	Male
<u>Total 6</u>	<u>Total 6</u>
ON1 - 3	ON1 - 3
ON2 - 3	ON2 - 3

[WC 500 points](#) are assigned to competitors based on their results, relative to all competitors in the U16 Eastern Finals. Competitors with the highest total qualifying points calculated based upon the criteria in table 22, who are not already selected to Team Canada, will qualify for selection.

Table 20: U16 Whistler Cup - Qualifying for Team ON

U16 Whistler Cup - Qualifying for Team ON <i>2 results from races at U16 Eastern Finals</i>

relative to ALL competitors

1) Best 2 of 3 races at U16 Eastern Finals: (1) SL (2) GS (3) SG

5. RACE OPERATIONS

6. Specifications For Poles

6.1. Length of Upright Pole Above Surface of Snow

4.3.1-ON	<i>Length of upright pole above surface of snow</i>	<i>min. 1800 mm</i>
	U14	max. 1525mm
	U12 U10 GS	max. 1525mm
	U12 U10 SL	max 1525mm or stubby

6.2. Diameter of Upright Pole

4.3.2	<i>Diameter of upright pole</i>	
	<i>Type A (authorised to use in any FIS race)</i>	<i>29-32 mm</i>
	<i>Type B (authorised to use in any FIS race except WC)</i>	<i>25-28,9 mm</i>
	U16	27 mm max.
	U14	27 mm max.
	U12 U10 GS	27 mm max.
	U12 U10 SL	25 mm max.

7. Reference

7.1. WC 500 Points

Table 21: WC 500 Points

WC 500 Points									
Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points
1	500	13	100	25	38	37	23	49	11
2	400	14	90	26	36	38	22	50	10
3	300	15	80	27	34	39	21	51	9
4	250	16	75	28	32	40	20	52	8
5	225	17	70	29	31	41	19	53	7
6	200	18	65	30	30	42	18	54	6
7	180	19	60	31	29	43	17	55	5
8	160	20	55	32	28	44	16	56	4
9	145	21	51	33	27	45	15	57	3
10	130	22	47	34	26	46	14	58	2
11	120	23	44	35	25	47	13	59	1
12	110	24	41	36	24	48	12	60	1

7.2. WC 100 Points

Table 22: WC 100 Points

WC 100 Points									
Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points
1	100	7	36	13	20	19	12	25	6
2	80	8	32	14	18	20	11	26	5
3	60	9	29	15	16	21	10	27	4
4	50	10	26	16	15	22	9	28	3
5	45	11	24	17	14	23	8	29	2
6	40	12	22	18	13	24	7	30	1

7.3. Glossary

ACA	Alpine Canada Alpin
AOA	Alpine Ontario Alpin
CHI	FIS Children U16 U14
DC	number of Direction Changes
FIS	International Ski & Snowboard Federation
ICR	International Competition Rules
LSDA	Lake Superior Division Alpine
NCD	National Capital Division
NG	Number of Gates
NOD	Northern Ontario Division
NCR	National Competition Rules
PCR	Provincial Competition Rules
SOD	Southern Ontario Division
VD	Vertical Drop

7.4. Tables

Table 1: Classification - Year of Birth.....	6
Table 2: Provincial Competitions Calendar.....	7
Table 3: Start Order OCUP U16.....	10
Table 4: Start Order OCUP U14.....	11
Table 5: 1.1.2-ON Component A: Alpine Racing Skis.....	17
Table 6: 1.6 - Crash Helmets.....	17
Table 7: Provincial Competitions	19
Table 8: Provincial Finals Quotas	20
Table 9: U14 Provincial Finals - Qualifying for Team LSDA.....	21
Table 10: U14 Provincial Finals - Qualifying for Team NCD Error! Bookmark not defined.	
Table 11: U14 Provincial Finals - Qualifying for Team SOD: OCUP	22
Table 12: U16 Provincial Finals - Qualifying for Team LSDA.....	24
Table 13: U16 Provincial Finals – Qualifying for Team NCD Error! Bookmark not defined.	
Table 14: U16 Provincial Finals - Qualifying for Team SOD: OCUP	25
Table 15: National and International Competitions	26
Table 16: U14 CanAm Quotas	26
Table 17: U14 CanAm - Qualifying for Team ON.....	27
Table 18: U14 Whistler Cup Quotas	27
Table 19: U16 Eastern Finals Quotas.....	28
Table 20: U16 Eastern Finals - Qualifying for Team ON	28
Table 21 U16 Whistler Cup Quotas	28
Table 22: U16 Whistler Cup - Qualifying for Team ON.....	28
Table 23: WC 500 Points	31
Table 24: WC 100 Points	31

7.5. Change Log

Version	Date	Notes
25a	2024 04 27	remove U19 classification; add U10 U12 course setting, divisional selection criteria for finals; clarify draw, quotas; change U14 finals competitors 160→180, SG ski specifications, formatting

7.6. PAR FINALS BRACKET 8

QUARTER FINALS	SEMI FINALS	FINALS	RANK
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7.7. PAR FINALS BRACKET 16




7.8. PAR FINALS BRACKET 32




7.9. EQUIPMENT CHART

EVENT		FIS	U16	U14	U12	U10
Jacket					 In National Capital Division Races	 In ALL AOA Races
Pants					 In National Capital Division Races	 In ALL AOA Races
Shorts						
Race Suit					SOD/NOD/LSDA  NCD 	
Cut Resistant Base Layer						
Helmet						
Slalom Chin Guard		 SL ONLY	 SL ONLY	 SL ONLY	 SL ONLY	
Slalom Pole Guards		 SL ONLY	 SL ONLY	 SL ONLY	 SL ONLY	
Slalom Shin Guards		 SL ONLY	 SL ONLY	 SL ONLY	 SL ONLY	 SL ONLY
Mouth Guard						
Back Protector						

 mandatory

 Permitted and Recommended

 not permitted

7.10. TECHNICAL DATA & COURSE SETTING

603.7.3.1-ON If multiple age categories are competing in the same course, course setting should be based on the specifications for **one category older than the youngest category** e.g., in a course set for U14 U12 U10, use **U12** specifications. Maximum vertical drop for the youngest category should be respected.

EVENT		FIS	U16	U14	U12	U10
SL	VD	W 120 - 200m M 140 - 220m	100 - 160m	100 - 160m	100 - 120m	as terrain allows
	DC	30% - 35% of VD (+/-3)	32% - 38% of VD (+/-3)	32% - 38% of VD (+/-3)	25 - 50	25 - 50
	Distance	6 - 13m	7 - 11m	7 - 11m	5 - 10m	5 - 10m
	Delay	12 - 18m	12 - 15m	12 - 15m	13m max.	13m max.
	Combinations	1 - 3 delay	1 - 3 delay	1 - 2 delay ¹	0 - 1 delay	0 - 1 delay
		3 hairpin min	3 - 6 hairpin	2 - 4 hairpin	1 - 3 hairpin	0 - 2 hairpin
		1 - 3 flush 3 or 4-gate	1 - 3 flush 3 or 4-gate	1 - 2 flush 3-gate only	0 - 1 flush 3-gate only	0 - 1 flush 3-gate only
Poles	25 - 32mm 72" OTS	25 - 27mm	25 - 27mm 60" OTS	25mm or stubby	25mm or stubby	
GS	VD	W 250 - 400m M 250 - 450m	150 - 350m ³	150 - 350m ³	200m max	as terrain allows
	DC	11% - 15% of VD	13% - 18% of VD	13% - 18% of VD	13% - 18% of VD	35 max.
	Distance	10m min	10 - 27m	10 - 27m	14 - 20m	11 - 17m
	Delay		35m max.	35m max.	25m max.	20m max.
	Combinations		1 - 3 delay	0 - 3 delay	0 - 1 delay	0 - 1 delay
	Poles				27mm max. 60" OTS	27mm max. 60" OTS
SG	VD	W 350 - 600m M 350 - 650m	200 - 450m ⁴	200 - 450m ⁴	Use sections, terrain (jump, drop-off, sidehill, bank, speed trap, pump track) for skill development: start, stop, glide, absorb, jump, tuck, skate	Use sections, terrain (jump, drop-off, sidehill, bank, speed trap, pump track) for skill development: start, stop, glide, absorb, jump, tuck, skate
	DC	7% of VD min	8% - 12% of VD	8% - 12% of VD		
	Distance	25m min	25m min	25m min		
	Combinations	15m min	15m min	15m min		
PAR SL	VD	50m min	35m min	35m min	as terrain allows	as terrain allows
	DC	15 min	12 min	12 min		
	Length	160m min	120m min	120m min		
	Jumps	1 rec	1 rec	0	0	0
	Between courses	8m min	8m min	8m min	8m min	8m min
EVENT		FIS	U16	U14	U12	U10

¹ SL U14 1-3 delay

² GS U16-U14 VD 200-350m

³ SG U16-U14 VD 250-450m