SOD Program Guidelines 2026-27

updated

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SOD U12 DEVELOPMENT

SOD U12 programming is designed for the, Learn to Train- phase of athlete development (LTAD) and provides the transition from FUNdamentals to learn to train for athletes aged 10 and 11. Our U12 age group has been renamed **U12 Development** to emphasize its unique focus on skill-building and foundational progress, setting young skiers up for success in future racing pathways.

- As defined in the ACA LTSD phases of Skier Essentials and Learn to Train.
- In coordination with the ACA Strive Program
- Focusing on Strive skill levels 2 through 4,

SOD U12 programming is intended to build:

- A love of Skiing
- Athletic development
- Physical literacy for skiing skills

SOD U12 DEVELOPMENT events are focused on the introduction and development of targeted ski racing skills while continuing to promote overall love of the sport and skiing skills.

U12 SOD DEVELOPMENT event days will pair structured “RACE” events, (i.e. SL/GS/PSL/Terrain). These additions are designed to enhance

- Overall skills
- Maintain participant enjoyment,
- Focus on the intrinsic reward of competition, i.e.
    - Challenge
    - Camaraderie
    - Sportsmanship
    - Responsibility.

U12 is regionally driven with the goal of keeping the emphasis on development opportunities over competition, reducing cost, and travel. No AOA/SOD U12 Athletes will be nationally carded, or collect National points.

U12 Development also sets the stage for athletes to choose their next pathway at U14, where they can pursue SCUP **(Southern Cup)** regional racing or OCUP

(Ontario Cup) provincial racing. By focusing on developing strong, well-rounded athletes at U12, we're preparing them to thrive in whichever pathway they choose.

Eligibility

Athletes must be

- 10-11 years of age as of December 31st of the current season.
- A registrant in good standing with AOA and a recognised AOA club

Registration

All U12 athletes must be registered through the AOA online registration system which includes a waiver, to compete in any events or camps.

Race Parameters

- A train to race ratio of 8:1 is strongly recommended to achieve the development objectives
- Starts should be limited to no more than **6** domestic starts **including** Festivals and Invitationals
- Races will be regionalized to reduce travel time for athletes
- 60 inch, kinder/children's gates or stubbies will be used
- 4 events: SL, GS, PSL and Terrain
- Additional AOA sanctioned Invitational events may be added - host club to administer in accordance with AOA Event Invitational Application and Policy
- All race events will be set in accordance to ACA/AOA sanctioned course setting rules – see Provincial Competition Rules (PCR)

Course Setting

Current course setting guidelines for U12 can be found within the PCR here.

Jury

- The Jury will consist of a Regional Technical Delegate, Chief of Race and a Referee (coach selected at Team Captains Meeting), to ensure FIS ICR and ACA National Competition Rules compliance
- All Jury members are required to be minimum ACA Level 2 Official (coaches may qualify through CSC horizontal certification pathway)

SOD U12 Development Start lists

- Events will run gender separated (i.e. boys/girls) ideally with first and second run being held on a different set with, at minimum, a redress required between runs.
- First run start order will be determined by a separate, random draw of girls and boys
- Second run start list will be a reversal of the 1st run start order (i.e. 100-1)
- All athletes will participate in a best of two runs race at U12.
- e.g. Run 1 Girls (random), Boys (random)
- e.g. Run 2 Girls (reverse in bib order incl. DSQ DNF DNS), Run 2 Boys (reverse in bib order incl. DSQ DNF DNS)

Results & Awards

- Team scoring to be completed at each race and announced at awards from last to first.
- Results will be based on official race format FIS ICR 617.3
- Top 10 will be recognized
- 1st – 3rd male and female athletes will receive medals
- 4th – 10th male and female athletes will be recognized
- All athletes and coaches are expected to attend award ceremonies.
- Top 3 are required to attend in accordance with FIS ICR reference 205.4; clubs will be sanctioned $25 per infraction for any Top 3 athletes not in attendance.

Equipment

- All athletes must comply with the PCR here
- Helmets must comply with event specific rules
- No Go Pro helmet mounts and other modifications permitted
- Athletes are permitted to wear speed suits
- 1-2 pairs of skis

SOD U10/U12 Skills Camps

Each season, SOD hosts a series of skills camps to provide athletes with additional days on snow to help develop strong, basic skiing skills. These skills camps provide

- Love of the sport via Coach lead skiing mileage

- Additional training days in addition to the development home clubs are providing.
- A stimulating, challenging, fun environment
- Basic skills development and reinforcement
- Age/Skill appropriate groups

These one or two day camp(s) are best described as: professional, safe, educational, and FUN. A low coach-to-athlete ratio, combined with trained certified coaches helps to ensure that athletes progress.

Registration for each of these skills camps must be completed through the AOA website and attendees must be registered AOA members in good standing. To register for these camps and to access more information, please visit the AOA website: https://alpineontario.ca/alpine-ontario-alpin-racing/camps/

SOD U14 SCUP and SOD U14 OCUP

Race Parameters

In SOD there are two race series for U14s

OCUP is a more intensive provincial race circuit which is operated in full compliance with AOA race parameters – Found in the PCR and on pages 8-11 of this document.

SCUP is a basic competitive race circuit and is offered only within the Southern Ontario Division (SOD)

Eligibility

Athletes must be

- 12-13 years of age as of December 31st of the current season
- A registrant in good standing with AOA and a recognised AOA club
- Race entries for SOD races will be coordinated by AOA on www.alpinepoints.ca
- Only OCUP athletes (registered as such on AOA) are permitted to race in OCUP races

- OCUP athletes are not eligible to compete in any SOD SCUP events except for SOD OCUP athletes that **do not** qualify/participate for OCUP Finals can compete in the SOD Spring Series.
- SCUP athletes who qualify for **and** attend OCUP Finals are not eligible for SOD Spring Series

Registration

All U14 athletes must be registered through the AOA online registration system which includes a waiver, to compete in any events or camps.

Course Setting

Current course setting guidelines for U14 can be found within the PCR and apply to OCUP and SCUP events.

Jury

- The Jury will consist of a Regional Technical Delegate, Chief of Race and a Referee to ensure FIS ICR and ACA National Competition Rules compliance
- All Jury members are required to be minimum ACA Level 2 Official

U14 SCup Start Lists

- Events will run gender separated (i.e. boys/girls) ideally with first and second run being held on a different set with at minimum a redress required between runs.
- First run start order will be determined by a separate, random draw of girls and boys
- Second run start list will be a reversal of the 1st run start order (i.e. 100-1)
- All athletes will have 2 runs (including DNFs and DSQs)
- e.g. Run 1 Girls (random), Boys (random)
- e.g. Run 2 Girls (reverse incl. DSQ DNF DNS), Run 2 Boys (reverse incl. DSQ DNF DNS)

Results & Awards

- Team scoring to be completed at each race and announced at awards from last to first.

- Results will be based on official race format FIS ICR 617.3
- 1st – 3rd male and female athletes will receive medals on podium
- 4th – 10th male and female athletes will be recognized
- All athletes and coaches are expected to attend award ceremonies. Top 3 are required to attend in accordance with FIS ICR reference 205.4; clubs will be sanctioned $25 per infraction for any Top 5 athletes not in attendance
- All athletes will be awarded National Points in U14

Finals Structure

The U14 finals will feature **tiered finals**, where athletes from different brackets compete against one another based on their team scoring results. This tiered system fosters competitive spirit while ensuring fair and balanced racing opportunities for all participants.

SOD U14 Skills Camps

Each season, SOD hosts a series of skills camps to provide athletes with additional days on snow to help develop strong, basic skiing skills. The skills camps provide additional training days to supplement the development that the clubs are providing. The camps focus on creating a stimulating, challenging, fun environment for the athletes to fuel their passion for the sport and improve their basic skills. The camps are divided into three groups for different ages. The one or two-day camps can be best described as: professional, safe, educational, and FUN. A low coach-to-athlete ratio, combined with top level coaches helps to ensure that athletes will progress.

Registration for each of these skills camps must be completed through the AOA website and attendees must be registered AOA members. To register for these camps and to access more information, please visit the AOA website: https://alpineontario.ca/alpine-ontario-alpin-racing/camps/

SOD U14 OCUP GUIDELINES

Will be operated in accordance with the AOA Provincial Competition Rules (PCR).

It is strongly recommended that SOD athletes participating in the U14 OCUP Series athletes meet the following minimum criteria:

- Be enrolled in a structured dryland program including physical testing.
- Minimum of 10 days on snow by Dec 20th.
- Minimum 3 days per week on-snow training during the season.
- Must have a Fitness Test result on record with AOA dated between September 1st, and December 1st of the current race season.

Each member club is responsible to establish and enforce club specific policies.

Start Order

Events will run gender separated (i.e. boys/girls) ideally with first and second run being held on a different set with a reset between runs (or at minimum a redress).

- First run start order will run by the AOAs OCUP block starting list assigned to the event by AOA in accordance with AOAs PCR.
- Second run start order will be full reverse of the first run start order
- All athletes will have 2 runs (including DNFs and DSQs)
- e.g. Run 1 Girls (Block Start), Boys (Block Start)
- e.g. Run 2 Girls (Reverse incl. DSQ, DNF, DNS), Run 2 Boys (Reverse incl. DSQ, DNF, DNS)

Results & Awards

- Results will be based on official race format FIS ICR 617.3
- 1st – 3rd male and female athletes will receive medals on podium
- 4th – 10th male and female athletes will be recognized
- All athletes and coaches are expected to attend award ceremonies. Top 3 are required to attend in accordance with FIS ICR reference 205.4; clubs will be sanctioned $25 per infraction for any Top 5 athletes not in attendance
- All athletes will be awarded National Points in U14

SOD SELECTION CRITERIA FOR U14 OCUP FINALS

Quota

This event will be open with a maximum field size of 180 athletes. If more than 180 athletes qualify for the event, a division quota process will be executed as per the PCR.

OCUP

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 1: 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, *not including (1) or (2) above*
4) 3 best SL or GS runs - *only 1 run per race is eligible*

U14 OCUP Finals Qualifiers From SCUP

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

See PCR Selection Criteria for Provincial Competitions for SOD SCUP divisional quota.

SOD will run a stand-alone one run GS and one run SL 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. Athletes must be represented by their club and/or a actively licensed coach.

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

Entry fee will be $65.00 per athlete.

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.

For a SCUP athlete to participate in the OCUP Finals athletes must;

- Have qualified through the SOD Qualifier Race as top 5 in their respective gender
- have a Fitness Test result on record with AOA prior to March 7th of that race season.
- be recommended by their Head Coach

SOD OCUP athletes who do not qualify or participate for the OCUP Finals can participate in SOD Spring Series Races.

SOD SELECTION CRITERIA FOR ONTARIO WINTER GAMES

U14 OCUP

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.
Selection will be based on the races before the January 20th registration deadline.

U14 Ontario Winter Games – Team SOD
- OCup Race Winner

- *WC 500 points for 3 results from runs/races in OCUP U14 race series, relative to only SOD competitors*
1) 1 best race result
2) 2 best runs – only 1 run per race is eligible

U16 / U18 SCUP AND OCUP

Parameters

In SOD there are two race series for U16s - SCUP or OCUP

OCUP is a more intensive provincial race circuit which is operated in full compliance with AOA race parameters found in the Provincial Competition Rules.

SCUP is a basic competitive race circuit and is offered only within the SOD.

For U18 and older, there are three race series - SCUP, OCUP, and/or FIS races

Race entries for all SOD races will be coordinated by AOA on www.alpinepoints.ca

U16 Eligibility

Athletes must be

- 14-15 years of age as of December 31st of the current season
- A registrant in good standing with AOA and a recognised AOA club
- Only OCUP athletes (registered as such on AOA) are permitted to race in OCUP races
- OCUP athletes are not eligible to compete in any SOD SCUP events except for SOD OCUP athletes that **do not** qualify/participate for OCUP Finals can compete in the SOD Spring Series.
- SCUP athletes who qualify for **and** attend OCUP Finals are not eligible for SOD Spring Series

U18 Eligibility for SCUP and OCUP Series

Athletes must be

- 16-17 years of age as of December 31st of the current season
- A registrant in good standing with AOA and a recognised AOA club

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

Athletes holding a FIS card must have greater than 125 FIS points in both technical disciplines (SL and GS) at the publishing of the 27th FIS list of calendar year (Dec 31st). Athletes with below 125 FIS points in SL or GS at the 27th FIS list will **NOT be eligible for to take part in the race series. If, however, an athlete with greater than 125 FIS points falls below 125 FIS points after the 27th FIS list, the athlete would still be eligible for competition.

For U18 and U21 entry into **OCUP U16 Series 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 27th FIS list of calendar year. Athletes with below 100 FIS points in SL or GS at the 27th 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 27th FIS list, the athlete would still be eligible for competition.

U18 and U21 athletes are not eligible to enter in the U16 OCUP Finals

Registration

All U16 / U18 athletes must be registered through the AOA online registration system which includes a waiver, to compete in any races or events.

U16 OCUP athletes must be entered by their club into the AlpinePoints base list by December 30th or the current race season. These lists are used to determine the groupings and block order starting at SOD OCUP events.

For eligible U18 or U21 athletes wishing to compete in the OCUP race series or a single OCUP race, they will need to be entered onto the U18 OCUP base list by their club/coach prior to Saturday Dec 30th.

SOD U16 / U18 SCUP SERIES

Course Setting

Current course setting guidelines for U16 /U18 can be found in the PCR and apply to both SCUP and OCUP events.

Jury

- The Jury will consist of a Regional Technical Delegate, Chief of Race and a Referee to ensure FIS ICR and ACA National Competition Rules compliance
- SOD will attempt to pre-assign referees and course setters for AOA events
- All Jury members are required to be minimum ACA Level 2 Official

SCUP Start Order

- Events will run gender separated (i.e. boys/girls) ideally with first and second run being held on a different course set with at minimum a redress required between runs.
- First run start order will be determined by a separate, random draw of girl and boys
- Second run start order will be full reverse of the first run start order
- All athletes will have 2 runs (including DNFs and DSQs)
- e.g. Run 1 Girls (Random), Boys (Random)
- e.g. Run 2 Girls (Reverse incl. DSQ, DNF, DNS), Run 2 Boys (Reverse incl. DSQ, DNF, DNS)

Finals Structure

The U16 finals will feature **tiered finals**, where athletes from different brackets compete against one another based on their team scoring results. This tiered system fosters competitive spirit while ensuring fair and balanced racing opportunities for all participants.

Results & Awards

- Team scoring to be completed at each race and announced at awards from last to first.
- Results will be based on official race format FIS ICR 617.3.2

- U16 - 1st – 3rd male and female athletes will receive medals on podium, 10th-4th to be recognized
- U18+ - 1st – 3rd male and female athletes will receive medals on podium, 5th to 4th to be recognized
- All athletes and coaches are expected to attend award ceremonies. Top 3 are required to attend in accordance with FIS ICR reference 205.4; clubs will be sanctioned $25 per infraction for any Top 3 athletes not in attendance

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SOD U16 / U18 OCUP SERIES

It is strongly recommended that SOD U16 athletes participating in the U16 / U18 OCUP Series athletes meet the following minimum criteria:

- Be enrolled in a structured dryland program including testing.
- Minimum of 10 days on snow by Dec 20th.
- Minimum 3 days per week on-snow training during the season.
- U16 athletes must have a Fitness Test result on record with AOA dated between September 1st, and December 1st of the current race season.

Each member club is responsible to establish and enforce club specific policies.

Start Order

- First run start order will run by the AOAs OCUP block starting list assigned to the event by AOA.
- Second run start order will be full reverse of the first run start order
- All athletes will have 2 runs
- e.g. Run 1 Girls (Block Start), Boys (Block Start)
- e.g. Run 2 Girls (Reverse incl. DSQ, DNF, DNS), Run 2 Boys (Reverse incl. DSQ, DNF, DNS)

Results & Awards

- Results will be based on official race format FIS ICR 617.3.2
- U16 - 1st – 3rd male and female athletes will receive medals on podium, 10th-4th to be recognized
- U18+ - 1st – 3rd male and female athletes will receive medals on podium,5th to 4th to be recognized

- All athletes and coaches are expected to attend award ceremonies. Top 3 are required to attend in accordance with FIS ICR reference 205.4; clubs will be sanctioned $25 per infraction for any Top 3 athletes not in attendance

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SOD SELECTION CRITERIA FOR U16 OCUP FINALS

The U16 OCUP Finals will be an open event with a maximum field size of 160 athletes. If more than 160 athletes qualify for the event, a divisional quota process will be executed in accordance with the PCR. See Selection Criteria for Provincial Competitions for SOD OCUP divisional quota.

Note the SOD quota includes 5 SCup Race quota per gender.

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 2: 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, *not including (1) or (2) above - only 1 SG race is eligible*

U16 OCUP Finals Qualifiers From SCUP

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

SOD will run a stand-alone one run GS and one run SL 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.

Entry fee will be $65.00 per athlete.

Clubs will be required to submit athletes' names by the Wednesday, February 12th at noon. Late submissions will not be accepted under any circumstances. Athletes must be represented by their club and/or a actively licensed coach.

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.

For a SOD CUP athlete to participate in the OCUP Finals athletes must;

- Have qualified through the SOD Qualifier Race as top 5 in their respective gender.
- Have a Fitness Test result on record with AOA dated prior to March 3th of the calendar race season.
- Be recommended by their Head Coach

AOA SKIER CROSS PROVINCIALS

The categories for competition will consist of: U12/U14/U16/OPEN.

The SX Provincials will be an open event with a maximum field size of 180 athletes. If more than 180 athletes qualify for the event, a divisional quota process will be executed in accordance with the PCR.

SOD MACKENZIE INVESTMENTS CUP TEAM SCORING GUIDELINES – U12, U14 AND U16

Who is responsible for the team scoring component?

The team scoring component is the responsibility of the hosting club and should be completed and awarded in conjunction with the official race results.

Which races are included in the Mackenzie Investments Cup?

The Mackenzie Investments Cup will take place during all U12 Development and U14 and U16 SCUP races.

Team Makeup

1. Minimum Representation: Each team must have at least 2 athletes of the opposite gender in their top 10 scoring athletes. This means:
    - If a team has 10 athletes scoring points, at least 2 of them must be female.
    - Conversely, if a team has 10 athletes scoring points, at least 2 of them must be male.
2. Team Composition: Teams can have up to 24 members, but only the top 10 athletes' scores will count towards the team's total points.

Example:

- Team A has 24 members: 16 males and 8 females.

- The top 8 athletes per gender based on their race results are selected for scoring.
- Among these top 10 athletes, at least 2 must be of the opposite gender (e.g., 8 males and 2 females or 8 females and 2 males).
- If your team has over 24 racers the highest bib numbers will be removed from team scoring to keep the team at 24.

Philosophy:

- Inclusivity: This rule promotes gender inclusivity and ensures that both male and female athletes contribute to the team's success.
- Balanced Competition: It encourages teams to develop and support athletes of both genders, leading to a more balanced and competitive environment.

How does the scoring system work?

- All racers will be assigned a point value on the finish results using a point system (80-1). 1st place 80 points, 2nd 79 points…
- The top 10 team point results of each club will be used towards club total
- The team with the highest total point score will be the team race winner
- All teams will be announced at awards starting with last to first
- Athletes that score points for their team must be made up of at least 2 of the opposite gender (8 female and 2 male or 8 male and 2 female)
- Team can have up to 24 members on a team but only the 10 ten athletes, using the breakdown above will have their scores counted

Overall Winners

- A team's point score from each race will be added towards their overall Mackenzie Cup Score
- The team with the highest score at end of season will be awarded the Mackenzie Cup!
- Winning teams will receive Mackenzie ball cap with special label denoting Mackenzie cup winner.

COACHING PATHWAYS FOR U18 RACERS

As racers age out of racing and decide they would like to work with the next generation of ski racers, Alpine Canada has created an easy to follow coaching certification pathway. Supported by Club Head Coaches and resorts, these three-day Entry Level Courses take place throughout the entire season and teach the basic understanding of technique, development and managing a group of kids on the hill. Included are some NCCP modules which enhance their knowledge and ability to work productively and confidently with the young racers.

Find more information here on the Alpine Ontario Website:

https://alpineontario.ca/alpine-ontario-alpin-racing/coaching/coaching-pathway/