Provincial Competition Rules
Ontario

2026 - 27

v27.1

updated 2026 11 04

1. PROVINCIAL COMPETITION RULES 3
1.1 Eligibility 4
1.2 Prize Giving Ceremonies 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 11
1.7 Course Setting 13
1.7.1 SL 13
1.7.2 GS 14
1.7.3 SG 14
1.7.4 PAR 15
1.8 Parallel 16

2. SPECIFICATIONS FOR ALPINE COMPETITION EQUIPMENT 18
2.1 Skis 18
2.2 Helmets 18
2.3 Other Equipment 19

3 QUOTAS 21
3.1 U14 and U16 Provincial Finals 21
3.2 FIS 22

4. SELECTION CRITERIA 24
4.1 Provinical Selections 24
4.1.1 U14 Provincial Finals 24
4.1.1.1 LSDA 24
4.1.1.2 NCD 24
4.1.1.2 NOD 25
4.1.1.4 SOD 25
4.1.1.4.1 OCUP 25
4.1.1.4.2 SCUP 26
4.1.2 U16 Provincial Finals 27
4.1.2.1 LSDA 27
4.1.2.2 NCD 27
4.1.2.3 NOD 28
4.1.2.4 SOD 28
4.1.2.4.1 OCUP 28
4.1.2.4.2 SCUP 29
4.2 Selection Criteria for National/International Competitions 30
4.2.1 U14 CanAm 30

4.2.2 U14 Whistler Cup 31
4.2.3 U16 Canada Winter Games 32
4.2.4 U16 European Project 32
4.2.5 U16 Whistler Cup 33

5. U18 / U21 NATIONAL POINT SERIES 34
5.1 Eligibility 34
5.2 Entry 34
5.3 Awards 34

6. RACE OPERATIONS 35
6.1 Live Timing U12 and younger categories 35

7. SPECIFICATIONS FOR POLES 35
7.1 Length of Upright Pole Above Surface of Snow 35
7.2 Diameter of Upright Pole 35

8. REFERENCE 37
8.1 WC 500 Points 37
8.2 WC 100 Points 37
8.3 Glossary 38
8.4 Tables 39
8.5 Change Log 41
8.6 PAR Finals Bracket 8 42
8.7 PAR Finals Bracket 16 43
8.8 PAR Finals Bracket 32 44
8.9 Equipment Chart 45
8.10 Technical Data & Course Setting 46

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**.

All U16 and U14 athletes that are racing OCUP must complete the ACA Fitness Combine between **September 1st** and **December 1st**, and results must be emailed to memberservices@alpineontario.ca by **December 1st**.

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

All U14 and U16/U18 OCUP athletes must be entered on the OCUP Baselist through Alpine Points by December 30, 2026 to be included in the start list draws.

For U18 and U21 entry into OCUP U16 Races and the U18/U21 National Point Series, 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 athletes and older 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 PRIZE GIVING CEREMONIES

219-ON	**U8**	3rd - 1st team recognition**
	U10	3rd - 1st team recognition**. Individuals - 10th - 1th are recognized.
	U12	10th - 4th are recognized, 3rd - 1st receive medals.
	U16 U14	10th - 4th are recognized, 3rd - 1st receive medals.
	U18	5th-4th are recognized, 3rd - 1st receive medals.
	OPEN*	5th-4th are recognized, 3rd - 1st receive medals.

BIGGEST MOVER* Given at all ON FIS races and U18/21 National Point Series Events, this award goes to the Male and Female athlete with the largest positive delta between their start number and their finish position.

*Presented at ON FIS and U18/21 National Point Series Races only

**In series where team scoring is done

All competitors and coaches should attend the prize-giving.

207.1.1 -ON *a competitor is not allowed to take equipment (skis/board, poles, ski boots, helmet, glasses) to the official ceremonies.* All flags (team, club, or other) are prohibited.

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@fisski.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 2026 - 2027	Competition Year 2027 - 2028
U8	2020	2021
	2019	2020
U10	2018	2019
	2017	2018
U12	2016	2017
	2015	2016
U14	2014	2015
	2013	2014
U16	2012	2013
	2011	2012
U18	2010	2011
	2009	2010
U21	2008	2009
	2007	2008
	2006	2007

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, between the Monday before March Break to the Sunday after March Break.

The Mid-winters are held before Canada Winter Games, which are held every 4 years i.e., 2027 (*Mar 8 – Mar 14*), 2031, …

Table 2: Provincial Competitions Calendar

Provincial Competitions	***2027***	***2028***	***2029***	***2030***
U14 Provincial Finals	*NCD*	*SOD*	*NCD*	*SOD*
U16 Provincial Finals	*NOD*	*LSDA*	*NOD*	*LSDA*
U16 Eastern Finals	-	*QC**	*ON**	*QC**
U16 Mid-winters	*SOD*	-	-	-
		** to be confirmed*		

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 of the competition discipline.

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), the start order will be determined using the Rotational Cohort by Athlete Ranking Method as described below.

All competitors who may compete in the championships will be included in the initial draws.

A seeding list will be created by the most recent national points list before the event in each discipline (SL, GS, SG), ranking athletes from lowest points to highest points, any 999 athletes will be randomized at the end of the list. Seeding list for PAR will use the SL national point list. The seeding list including the 999's will be split into 4 even groups and defined as follows; Group A first 1/4 of the ranking list, Group B second 1/4 of the ranking list, Group C third 1/4 of the ranking list, Group D fourth 1/4 of the ranking list. If the athlete field size is not divisible by 4 the first extra spot will be allocated to group D, and if necessary the second spot will be allocated to group C.

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. 13 athletes would have 3 racers in Group A, B, and C, and 4 racers in Group D.

ii. 14 athletes would have 3 racers in Group A, and B, and 4 racers in Group C and D.

Each group will be divided into even subgroups determined by the number of races, referred to numerical order, maintaining the order determined by the seeding list. The result is a series of subgroups A1, A2, A3… B1, B2, B3… etc.

Each of those sub groups (eg. A1, A2, etc.) will be randomized within the group.

Each sub group will be placed into their start block per race; a rotation chart that has athletes starting from different first run start blocks throughout the series in each of the disciplines is shown below. See table 3 for U16, Table 4 for U14.

Table 3: Start Order Rotation U16 OCUP Finals

Start Order U16 Finals				
Technical Event 1 Race 1	**Technical Event 1 Race 2**	**Technical Event 2 Race 1**	**Technical Event 2 Race 2**	**SG**
A1	C3	D4	B2	A1
A2	C4	D3	B1	A2
A3	C1	D2	B4	A3
A4	C2	D1	B3	A4
B1	D3	C4	A2	B1
B2	D4	C3	A1	B2
B3	D1	C2	A4	B3
B4	D2	C1	A3	B4
C1	A3	B4	D2	C1
C2	A4	B3	D1	C2
C3	A1	B2	D4	C3
C4	A2	B1	D3	C4
D1	B3	A4	C2	D1
D2	B4	A3	C1	D2
D3	B1	A2	C4	D3
D4	B2	A1	C3	D4

Table 4: Start Order Rotation U14 OCUP Finals

Start Order U14 Finals			
SL	**GS**	**SG**	**PAR**
B2	C1	A3	D4
B3	C2	A4	D1
B4	C3	A1	D2
B1	C4	A2	D3
A2	D1	B3	C4
A3	D2	B4	C1
A4	D3	B1	C2
A1	D4	B2	C3
D2	A1	C3	B4
D3	A2	C4	B1
D4	A3	C1	B2
D1	A4	C2	B3
C2	B1	D3	A4
C3	B2	D4	A1
C4	B3	D1	A2
C1	B4	D2	A3

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 Series** the start order will be determined using the Rotational Cohort by Athlete Ranking Method as described below.

The starting order for competitors in the SL, GS, and SG series is established before the first race of each series. The seeding list to determine groups will use the most recent National Points list published prior to the initial race in that discipline.

All competitors who may compete in the series will be included in the seeding list.

A seeding list will be created by the most recent national points list in the discipline (SL, GS, SG), ranking athletes from lowest points to highest points and any 999 athletes will be randomized at the end of the list. The seeding list including the 999's will be split into even groups as per the charts below . Groups will be divided equally into subgroups. i.e. A1, A2..., B1, B2... as per the chart below. Subgroups will be randomized to create the starting order. Within each group or subgroup If the athlete field size is not divisible equally the first extra spot will be allocated to the lowest group, and if necessary the second spot will be allocated to the group above.

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, B, and 4 racers in group C

ii. 14 athletes would have 3 racers in Group A, and B and 4 racers in Group C and D.

Each group will be placed into their seed per race; a rotation chart (U 16: table 5, U14: table 6) that has athletes starting from different first run start blocks throughout the series where more than one event of that discipline is scheduled.

Each subgroup will be placed into their start block per race; a rotation chart that has athletes starting from different first run start blocks throughout the series in each of the disciplines is shown below

Competitors who are added to the race series after the initial draw will be added sequentially to the last position of each subgroup in reverse order as per race 1 of the rotation as per the tables below.

621.3.1.1-ON OCUP Series U16 Start order group rotations for SL, GS, SG:

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 5: Start Order Rotation U16 OCUP

Start Order OCUP U16		
Race 1	**Race 2**	**Race 3**
A1	C2	B3
A2	C3	B1
A3	C1	B2
B1	A2	C3
B2	A3	C1
B3	A1	C2
C1	B2	A3
C2	B3	A1
C3	B1	A2

621.3.1.2-ON For OCUP U14 - Start order group rotations for SL, GS, SG

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 6: Start Order Rotation U14 OCUP

Start Order OCUP U14			
Race 1	**Race 2**	**Race 3**	**Race 4**
A1	C3	D4	B2
A2	C4	D3	B1
A3	C1	D2	B4
A4	C2	D1	B3
B1	D3	A4	C2
B2	D4	A3	C1
B3	D1	A2	C4
B4	D2	A1	C3
C1	A3	B4	D2
C2	A4	B3	D1
C3	A1	B2	D4
C4	A2	B1	D3
D1	B3	C4	A2
D2	B4	C3	A1
D3	B1	C2	A4
D4	B2	C1	A3

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.

621.11-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 is determined by the 608.5.5-ON. Competitors will start alternatively on each course: bib 1 on the red course, bib 2 on the blue course, and so on. In the second qualification run, the athletes will run in reverse order in the same pairings on the opposite course from run one. Qualification rankings will be based on the combined time of both runs. The fastest 8 competitors from the qualification will advance to the first round (round of 8) of the Elimination Heats. Exception for where the event programme may permit 16 (see PAR Finals Bracket 16) or 32 (see PAR Finals Bracket 32) competitors. In case of a tie for the 8th position (or 16 or 32 as per the case above), the competitor with the fastest single run will advance. If both athletes have identical fastest times, the competitor with the higher bib number from the first run qualifies

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)

1232.1-ON Reasons for disqualification:

- deliberate and repetitive (more than once) cross-blocking of the gates

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 7: 1.1.2-ON Component A: Alpine Racing Skis

Alpine Racing Skis				
Parameter	**Event**	**U14**	**U16**	**U18-U21**[5]
Ski length (cm)	SG Women		183 min	188 min
	SG Men		183 min	193 min
	GS Women	188 max.	188 max.	175 min
	GS Men	188 max.	188 max.	182 min
	SL Women	130 min	130 min	150 min
	SL Men	130 min	130 min	155 min
Radius (m)	SG Women	17 min [1]	30 min [3]	30 min
	SG Men	17 min [2]	30 min [4]	30 min
	GS Women	17 min	17 min	23 min
	GS Men	17 min	17 min	23 min
Waist (mm)	SG Women	65 max.	65 max.	65 max.
	SG Men	65 max.	65 max.	65 max.
	GS Women	65 max.	65 max.	65 max.
	GS Men	65 max.	65 max.	65 max.

[1] FIS U14 SG W no min
[2] FIS U14 SG M no min
[3] FIS U16 SG W 30m
[4] FIS U16 SG M 30m
[5] National point events

2.2 HELMETS

3.6.1-*ON* General Principles The use of crash helmets is compulsory at all alpine *and SX* ski events. The crash helmets shall have no spoilers, nor protruding parts. The crash helmets models shall comply with the minimum safety standards set forth in table 8 in regard to the specific age and events.

Table 8: Helmet Specifics (age and events)

Age Group	Soft Ear Slalom Helmet		Hard Ear Helmet		FIS Approved Hard Ear Helmet	
U10	Permitted	SL Only	Recommended	GS/SG/PAR/SX	Recommended	GS/SG/PAR/SX
U12	Permitted	SL Only	Mandatory	GS/SG/PAR/SX	Recommended	GS/SG/PAR/SX

U14+	Permitted	SL Only	Not Permitted	Mandatory	GS/SG/PAR/SX

3.6.2-ON The crash helmets used in the respective alpine ski events requiring FIS approved certification shall satisfy the following safety standards:

Table 9: 1.6 - Crash Helmets

Helmets		
	Safety Standards	
DH SG GS PAR	*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.

3.6.9-ON Hand Guards are not permitted for PAR.

3.5.3.4 Implementation of cut resistant undergarments

The use of cut-resistant undergarment pants is mandatory for all FIS Alpine Skiing events. The mandatory implementation requires a minimum protection level of 3 stars according to the FIS-DITF test standard everywhere between the iliac crest and the onset of the ski boot. The use of cut resistant shirts or full body suits is strongly recommended.

3 QUOTAS

3.1 U14 AND U16 PROVINCIAL FINALS

Table 10: Provincial Competitions

	Competition	Site	2026	Appeal Deadline	Notes
U14	Provincial Finals (OCUP Finals)	NCD	Mar 17-20	As listed in division criteria	· SCUP: Fitness Combine due **Mar 7th** · results used to select Team ON for CanAm, Whistler Cup
U16	Provincial Finals (OCUP Finals)	NOD	Mar 22-27	As listed in division criteria	· SCUP: Fitness Combine due **Mar 12th** · results used to select Team ON for Eastern Finals

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 11: U14 OCUP Provincial Finals Quotas

Quota	U14 Finals				
	Total registered athletes				
	Total registered	Allocation by reg %	Additional quota by %	Base quota	Total quota spots
LSDA	a	a / e = f	f * FQ* = j	12	j + 12
NCD	b	b / e = g	g * FQ* = k	12	k + 12
NOD	c	c / e = h	h * FQ* = l	12	l + 12
SOD	d	d / e = i	i * FQ* = m	12	m + 12
Total	e			48	180

* FQ (free quota) which is the total quota spots minus the total base quota

Table 12: U16 OCUP Provincial Finals Quotas

Quota	U16 Finals				
	Total registered athletes				
	Total registered	Allocation by reg %	Additional quota by %	Base quota	Total quota spots
LSDA	n	n / r = s	s * FQ* = w	12	w + 12
NCD	o	o / r = t	t * FQ* = x	12	x + 12
NOD	p	p / r =u	u * FQ* = y	12	y + 12
SOD	q	q / r = v	v * FQ* = z	12	z + 12
Total	r			48	160

* FQ (free quota) which is the total quota spots minus the total base quota

3.2 FIS

Once the NCR and FIS rules have been applied, the allocation of quotas shall be made to the following rules :

3.2.1 40 quotas are reserved for the host province;

- For the university championship races, priority is given to athletes from the University of Montreal, University of Laval and the University of Ottawa.

3.2.2 5 quotas are reserved for the host club. If athletes from the host club are already admitted under the other qualification methods, these additional places will not be awarded

3.2.3 The rest of the quotas will be allocated to ON and QC athletes according to FIS points, regardless of their province of origin.

3.2.3.1 Developmental level races

- Priority will be given to athletes with more than 100 points
- If quotas are still available, priority will be given to athletes who are closest to 100 FIS points

3.2.3.2 Elite level races

- Priority will be given to athletes under 100 points

*The quota distribution applies only if there are more than 140 entries

**Proposed UNI races for 2027 will be:

- Mt Blanc/Garceau – January
- Georgian Peaks/Alpine – February
- Stoneham - March

4. SELECTION CRITERIA

4.1 PROVINICAL SELECTIONS

4.1.1 U14 PROVINCIAL FINALS

4.1.1.1 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 13: 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 SL runs (may include 2 panelled SL runs)
2) best 4 GS runs (or best 3 of 4 GS runs, if only 4 GS runs available)
3) best SL race
4) best GS race
5) best SG race (or 2nd best GS race, if SG run not available)

4.1.1.2 NCD

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

See Selection Criteria for Provincial Competitions for NCD divisional quota.

WC 500 points are assigned to competitors based on their results in the NCD U14 race series, relative to only NCD competitors, as listed in the following table. Competitors with the highest total qualifying points, will qualify for selection.

Table 14: U14 Provincial Finals - Qualifying for Team NCD

U14 Provincial Finals. Qualifying for Team NCD
- 6 results from runs/races in NCD U14 race series, relative to only NCD competitors
1) best 2 SL runs
2) best 2 GS runs
3) best 1 SG race

4) best 1 SL SG SG race

4.1.1.2 NOD

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

See Selection Criteria for Provincial Competitions for NOD divisional quota.

WC 500 points are assigned to competitors based on their results in the NOD U14 race series, relative to only NOD competitors, as listed in the following table. Competitors with the highest total qualifying points, will qualify for selection.

Table 15: U14 Provincial Finals - Qualifying for Team NOD

U14 Provincial Finals - Qualifying for Team NOD
- *NOD series points for 3 results from races in NOD U14, relative to only NOD competitors*
1) best 3 results from at least 2 disciplines

4.1.1.4 SOD

4.1.1.4.1 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 16: 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*

4.1.1.4.2 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.

4.1.2 U16 PROVINCIAL FINALS

4.1.2.1 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 17: U16 Provincials 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*
1) best 4 SL runs (may include 2 panelled SL runs)
2) best 4 GS runs (or best 3 of 4 GS runs, if only 4 GS runs available)
3) best SL race
4) best GS race
5) best SG race (or 2nd best GS race, if SG run not available)

4.1.2.2 NCD

Competitors in the NCD/OSZ U16 race series are eligible for selection.

See Selection Criteria for Provincial Competitions for NCD divisional quota.

WC 500 points are assigned to competitors based on their results in the NCD race series, relative to only NCD/OSZ competitors, as listed in the following table. Competitors with the highest total qualifying points, will qualify for selection.

Table 18: U16 Provincial Finals - Qualifying for Team NCD

U16 Provincial Finals - Qualifying for Team NCD
- *NCD-OSZ series points for 8 results from runs/races in NCD/OSZ U16, relative to only NCD competitors*
1) best 2 SL runs
2) best 2 GS runs
3) best 2 SG races
4) best 1 SL result
5) best 1 GS result

4.1.2.3 NOD

Competitors in NOD U16 race series are eligible for selection.

See Selection Criteria for Provincial Competitions for NOD divisional quota.

WC 500 points are assigned to competitors based on their results in the NOD U16 race series, relative to only NOD competitors, as listed in the following table. Competitors with the highest total qualifying points, will qualify for selection.

Table 19: U16 Provincial Finals - Qualifying for Team NOD

U16 Provincial Finals - Qualifying for Team NOD
- *NOD series points for 3 results from races in NOD U16, relative to only NOD competitors*
1) best 3 results from at least 2 disciplines

4.1.2.4 SOD

4.1.2.4.1 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 20: 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*

4.1.2.4.2 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.

4.2 SELECTION CRITERIA FOR NATIONAL/INTERNATIONAL COMPETITIONS

Table 21: National and International Competitions

	Competition	Site	2026	Appeal Deadline	Notes
U14	CanAm	QC	Apr 1-4	Mar 21	· Team ON selected from results at Provincial Finals
	Whistler Cup	BC	Apr 7-11	Mar 21	
U16	Canada Winter Games	QC	Mar 8-14	Jan 28	Team ON selected from results at MidWinters
	Europe Project	EU	TBD	TBD	· Team ON selected from results at Midwinters
	Whistler Cup	BC	Apr 7-11	Mar 29	· Team ON selected from results at Provincial Finals

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.

4.2.1 U14 CANAM

Table 22: U14 CanAm Quotas

U14 CanAm Quotas			
Female		**Male**	
Total 15		Total 15	
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 23:U14 CanAm - Qualifying for Team ON

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

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.

4.2.2 U14 WHISTLER CUP

Table 24: U14 Whistler Cup Quotas

U14 Whistler Cup Quotas	
Female	**Male**
Total 6	Total 6
ON1 – 3	ON1 – 3
ON2 – 3	ON2 – 3

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

Seeding for Team Ontario will be determined by CanAm qualifying points.

Please note that AOA will not manage the selected U14 athletes; their respective clubs will be responsible for coaching and managing these competitors. These

selections give clubs an opportunity to enter additional U14 athletes in the Whistler Cup beyond their standard club quota and access priority event seeding.

4.2.3 U16 CANADA WINTER GAMES

Table 25: U16 Canada Winter Games Quotas

U16 Canada Winter Games Quotas	
Female	**Male**
Total 7	Total 7
race winners 4	race winners 4
2	2
appeal* reserve 1	appeal* reserve 1
**13% of quota reserved for appeals*	

WC 500 points are assigned to competitors based on their results in the U16 Midwinters, as listed in the following table. U16 Midwinters race winners, and competitors with the highest total qualifying points will qualify for selection.

Table 26: U16 Canada Winter Games - Qualifying for Team ON

U16 Canada Winter Games - Qualifying for Team ON
1) U16 Midwinter race winners
results from races at U16 MidWinters
2) best 3 of 4 races at U16 Midwinters*: (1) SG (2) GS (3) SL (4) SX

* In the event that disciplines need to be modified or cancelled due to conditions, the athletic committee reserves the right to alter the criteria.

This will be determined prior to the first Team Captains meeting

4.2.4 U16 EUROPEAN PROJECT

Table 27: U16 Europe Project Team Ontario Quota

U16 Europe Project Quotas	
Female	**Male**
Total 3	Total 3

WC 500 points are assigned to competitors based on their results in the U16 Midwinters, as listed in the following table. Athletes not named to the Canada Winter Games team will be ranked by total qualifying points. The top-ranked athletes from that list will qualify for selection.

Table 28: U16 Europe Project Selection Criteria

U16 Europe Project – Qualifying for Team Ontario
1) Total points of the 3 races at U16 Midwinters: (1) SG, (2) GS, (3) SL

4.2.5 U16 WHISTLER CUP

Team Canada will be selected by ACA.

Table 29: U16 Whistler Cup Quotas

U16 Whistler Cup Quotas	
Female	**Male**
Total 6	Total 6
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 Provincial Finals. Competitors with the highest total qualifying points calculated based upon the criteria in table 29, who are not already selected to Team Canada, will qualify for selection.

Table 30: U16 Whistler Cup-Qualifying for Team ON

U16 Whistler Cup - Qualifying for Team ON *2 results from races at U16 Provincial Finals* *relative to ALL competitors*
1) Best 3 of 5 races at U16 Provincial Finals: (1) SG (2) GS (3) GS (4) SL (5) SL

5. U18 / U21 NATIONAL POINT SERIES

This Series lets U18+ and older athletes compete in provincial series races worth Canadian National Points.

5.1 ELIGIBILITY

Any athlete U18 or older who holds a Canadian competitor or a FIS competitor card

See Eligibility requirements for FIS point eligibility

5.2 ENTRY

Entry fee see Race Event Guidelines

Entry to be submitted no later than 6 days before event

5.3 AWARDS

Medals will be presented to the top 3 finishers by gender and birth year; 4th and 5th place will also be recognized

Medals will be presented to the overall top 3 finishers by gender; 4th and 5th place will also be recognized

Biggest mover award will be presented to the finisher with the largest start to finish place delta by gender

Athlete voted Best Fall Award

6. RACE OPERATIONS

6.1 LIVE TIMING U12 AND YOUNGER CATEGORIES

To keep the focus on skill development and the race-day experience, the following applies to U12 and younger races:

6.1.1 - Online live timing is not permitted at races for U12 and younger categories. This includes websites such as alpinecanadalive.org and live-timing.com that show athlete times in real time during a race run.

6.1.2 - Finish times may be shown on the finish-area display board as each athlete finishes. Any results screen at the finish area must list athletes in bib order and must not rank them.

6.1.3 - Unofficial results may be posted after each run is complete, online (on the race's timing website) and/or on screens at the finish area.

7. SPECIFICATIONS FOR POLES

7.1 LENGTH OF UPRIGHT POLE ABOVE SURFACE OF SNOW

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

7.2 DIAMETER OF UPRIGHT POLE

4.3.2	*Diameter of upright pole*	
	Type A (authorised to use in any FIS race)	*29-32 mm*
	Type B (authorised to use in any FIS race except WC)	*25-28,9 mm*
	U16	27 mm max.
	U14	27 mm max.

U12 U10 GS	27 mm max.
U12 U10 SL	25 mm max.

8. REFERENCE

8.1 WC 500 POINTS

Table 31: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

8.2 WC 100 POINTS

Table 32: 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

8.3 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

8.4 TABLES

Table 1: Classification - Year of Birth 6
Table 2: Provincial Competitions Calendar 7
Table 3: Start Order Rotation U16 OCUP Finals 9
Table 4: Start Order Rotation U14 OCUP Finals 9
Table 5: Start Order Rotation U16 OCUP 12
Table 6: Start Order Rotation U14 OCUP 12
Table 7: 1.1.2-ON Component A: Alpine Racing Skis 18
Table 8: Helmet Specifics (age and events) 18
Table 9: 1.6 - Crash Helmets 19
Table 10: Provincial Competitions 21
Table 11: U14 OCUP Provincial Finals Quotas 22
Table 12: U16 OCUP Provincial Finals Quotas 22
Table 13: U14 Provincial Finals - Qualifying for Team LSDA 24
Table 14: U14 Provincial Finals - Qualifying for Team NCD 24
Table 15: U14 Provincial Finals - Qualifying for Team NOD 25
Table 16: U14 Provincial Finals - Qualifying for Team SOD: OCUP 25
Table 17: U16 Provincials Finals - Qualifying for Team LSDA 27
Table 18: U16 Provincial Finals - Qualifying for Team NCD 27
Table 19: U16 Provincial Finals - Qualifying for Team NOD 28
Table 20: U16 Provincial Finals - Qualifying for Team SOD: OCUP 28
Table 21: National and International Competitions 30
Table 22: U14 CanAm Quotas 30
Table 23:U14 CanAm - Qualifying for Team ON 31
Table 24: U14 Whistler Cup Quotas 31
Table 25: U16 Canada Winter Games Quotas 32
Table 26: U16 Canada Winter Games - Qualifying for Team ON 32
Table 27: U16 Europe Project Team Ontario Quota 32

Table 28: U16 Europe Project Selection Criteria 33
Table 29: U16 Whistler Cup Quotas 33
Table 30: U16 Whistler Cup-Qualifying for Team ON 33
Table 31:WC 500 Points 37
Table 32: WC 100 Points 37

8.5 CHANGE LOG

Version	Date	Notes

8.6 PAR FINALS BRACKET 8

QUARTER FINALS	SEMI FINALS	FINALS	*RANK*



8.7 PAR FINALS BRACKET 16



8.8 PAR FINALS BRACKET 32



8.9 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		!	!	!	!	!
Hard Eared Helmet (GS/SG/PAR/SX)		! FIS approved	! FIS approved	! FIS approved	!	☑
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

8.10 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* *3 hairpin min* *1 - 3 flush* *3 or 4-gate*	*1 - 3 delay* *3 - 6 hairpin* *1 - 3 flush* *3 or 4-gate*	*1 - 3 delay*[1] *2 - 4 hairpin* *1 - 2 flush* *3-gate only*	0 - 1 delay 1 - 3 hairpin 0 – 1 flush 3-gate only	0 - 1 delay 0 - 2 hairpin 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*