



# **ALPINE ONTARIO ALPIN**

**PROGRAMMING GUIDELINES**

**SEASON 2015-16**

## Preamble

This document provides a set of guidelines for all 4 divisions in Ontario to follow for the 2015-16 season. Clubs are to use these guidelines when designing and implementing programming for the upcoming season to ensure consistency across the province.

## Glossary of Terms

AAP	Athlete Assistance Program	IST	Integrated Support Teams
ACA	Alpine Canada Alpin	ICR	International Competition Rules
AOA	Alpine Ontario Alpin	LSDA	Lake Superior Division Alpine
SOD	Southern Ontario Division	MTCS	Ministry of Tourism, Culture and Sport
CAC	Coaching Association of Canada	NCCP	National Coaching Certification Program
CAO	Coaching Association of Ontario	ME	Mentor Evaluator Seminar
CADP	Canadian Anti-Doping Program	NCD	National Capital Division
CCES	Canadian Centre for Ethics in Sports	NOD	Northern Ontario Division
CFLRI	Canadian Lifestyle and Fitness Research Institute	NSO	National Sport Organization
CGC	Canada Games Council	OTP	Own the Podium
CS4L/LTAD	Canadian Sport for Life/Long-Term Athlete Development model	PSO	Provincial Sport Organization
CSC	Canadian Sport Centre	SFAF	Sport Funding and Accountability Framework
DL	Development Level Coaching Courses (Level 2)	PL	Performance Level Coaching Courses (Level 3)
EL	Entry Level Coaching Courses (Level 1)	FIS	International Ski Federation

## Guidelines & Rules

Alpine Ski Racing is governed by the international governing body, the [International Ski Federation \(FIS\)](#) and international rulebook for alpine ski racing is the [FIS International Competition Rules \(ICR\)](#). Alpine Canada Alpin (ACA) has [National Rules & Polices](#) and [National Competition Rules](#) applicable to nationally sanctioned races within Canada. Alpine Ontario Alpin (AOA) has Programming Guidelines applicable to provincially sanctioned races within Ontario.

AOA publishes yearly updated programming guidelines for clubs to use to create their programs, and for parents and athletes to familiarize themselves with the event standards they should expect at each venue. AOA sanctioned races will follow the guidelines outlined in this document.

Please note most of these guidelines and rules are based around our focus on athlete security and experience.

## Bibs

- AOA partner bibs must be used for all relevant events when made available.

U10	Mackenzie Investments
U12	Mackenzie Investments
U14	Mackenzie Investments
U16	Aviva Insurance
U18/U21/FIS	Cadillac/Fairview, Dream, Oxford

Any club using non-AOA bibs when assigned will incur a \$100 fine per race, (i.e. \$100 for Girls' race plus \$100 for Boys' race totalling \$200 per race day).

- If a bib is missing, the club of the athlete responsible will incur a \$25/bib fine
- Following any event, the hosting club must send an email to the club that the athlete assigned to the missing bib belongs to, requesting the bib is returned
- **All bibs must be picked up from AOA offices no later than 2 days prior to the scheduled event**
- **All bibs must be returned (clean and sorted) to AOA offices within 2 days of event conclusion**

## U8/U10 Entry Level Program

### Program Design

Class	Age	LTAD Stage	Principles	Competition & Rankings	Performance & Benchmark Events	ACA/AOA Initiatives/ Programs
U8/ U10	Ages 5-9 as of 12/31 of current season	Gliding Start/ Skier Essentials	SL/GS/K - Dual/ Shorter Gates Intro to Ski Cross Focus on Balance/ Movement/ FUNdamentals	Zone & Club competitions Snow Stars Festivals Skills & Games Stations	Local Skills Events & Festivals, Club Races	Snow Stars levels 2, 3 & 4

The U8/10 Entry Level program is aimed at providing athletes aged 5 to 9 years old (an individual club has the right to limit enrollment to a more defined age group), the 'FUNdamentals' of skiing as defined in the [ACA LTSD Phases of Skier Essentials](#). In coordination with the [ACA Snow Stars Program](#) focusing on skill levels 2, 3, and 4, the AOA program is intended to foster the development of the athlete. U8/10 competition events are to be focused on the development of ski racing skills while continuing to promote the development of overall skiing skills. Normal competition days will pair a traditional "RACE" event, (i.e. SL/GS/Kombi) with a skills festival. These additions should foster the development of overall skills while maintaining participant enjoyment, focusing on the FUN of competition. U8 age athletes as young as 5-6 can participate in ACA sanctioned programs in the U8 age programming.

### Eligibility

Athletes ages 5-7 as of December 31<sup>st</sup> of the current season are eligible to register in the U8 AOA program if their member club offers such a program. Athletes age 7, 8, 9, as of December 31<sup>st</sup> of the current season are eligible to register in the U10 AOA program. U8/U10 athletes will not be nationally carded in Ontario.

For the 2015/2016 season AOA is partnering with Freestyle Ontario (FSO) to offer the U10 Juniper Jam/FUNski events which are open to athletes age 7, 8, 9, as of December 31<sup>st</sup> of the current season.

### Registration

All U8/10 athletes must be registered through the AOA online registration system and have submitted a waiver to compete in any events or camps.

### AOA/FSO U10 Juniper Jams/FUNski – 2015/2016

This season, U10 athletes will be participating in the **Juniper Jams/FUNski**, a project aimed at combining the Long Term Athlete Development (LTAD) FUNdamentals phase of skier essentials from both the alpine and freestyle streams.

**A revolutionary partnership between AOA and FSO** will deliver the next level in ‘Kombi’ training and competitive environments; with a goal to create diversity in skier skill-sets by exposing youngsters to a magnitude of elements within each competition.

The endorsed competition stream will include stubbies and panelled gates, and various terrain elements (moguls, rollers, small tables, etc), creating festival style events that are both technically beneficial and fun. In addition, all athletes in this age group will now receive membership to both Provincial Sport Organizations (AOA and FSO) automatically.

[Click here](#) for more up to date information.

AOA clubs are permitted to host additional AOA sanctioned invitational events outside of the Juniper Jams program but these events must be executed in accordance with the race parameters below.

#### Race parameters

- Races will be regionalized to reduce travel time for athletes
- 60 inch, kinder/children’s gates will be used
- Additional AOA sanctioned invitational events may be added - host club to administer in accordance with AOA Invitational Policy and Application
- AOA U10-U12 Championship event held at Muskoka Ski Club March 18-20, 2015

#### Course Setting

Current course setting guidelines for U8/U10 can be found in Appendix F

#### Start lists

- Events will run gender ( i.e. boys/girls) separated on the same course
- First run start order will be determined by a separate, random draw of girl 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
- 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

- Results will be based on official race format [FIS ICR 617.3.2](#)
- 1<sup>st</sup> – 10<sup>th</sup> male and female athletes will receive ribbons – no podium

#### Equipment

- All athletes must comply with the ACA domestic policy – see Appendix E
- Helmets must comply with event specific rules

- No Go Pro mounts and other modifications permitted
- Athletes are not permitted to wear speed suits – not necessary at this developmental age
- Only one pair of skis required

### Skills Camps

Purpose – coaching philosophy LTAD alignment athlete coach club development

Each season, AOA hosts a series of U10 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 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. Alpine Ontario will be using Ontario Team staff and club Head Coaches whenever possible.

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 <http://www.alpineontario.ca/Racing/Camps.aspx>

## U12 Entry Level Program

### Program Design

Class	Age	LTAD Stage	Principles	Competition & Rankings	Performance & Benchmark Events	ACA/AOA Initiatives/ Programs
U12	Ages 10 & 11 as of 12/31 of current season	Skier Essentials/ Learn to Train	SL/GS/K - Dual/ Shorter Gates SX Elements Focus on Movement and Sport 4 Life	Regional & Zone Competitions Snow Stars Festivals Skills Competitions	Zone & Club Races, Local Skills Competition	Snow Stars levels 3, 4 & 5

The U12 Entry Level program is aimed at providing athletes aged 10 and 11 the ‘FUNdamentals’ of skiing as defined in the [ACA LTSD phases of Skier Essentials and Learn to Train](#). In coordination with the [ACA SnowStars program](#) focusing on skill levels 3, 4 and 5, the AOA program is intended to foster the development of the athlete. U12 competition events are to be focused on the development of ski racing skills while continuing to promote the development of overall skiing skills. Normal competition days will pair a traditional “RACE” event, (i.e. SL/GS/Kombi) with a skills festival. These additions should foster the development of overall skills while maintaining participant enjoyment, focusing on the FUN of competition.

### Eligibility

Athletes must be 10-11 years of age as of December 31<sup>st</sup> of the current season to be eligible for the U12 racing program. **U12 Athletes will not be nationally carded in Ontario.**

### Registration

All U12 athletes must be registered through the AOA online registration system and have submitted a waiver to compete in any events or camps. **All AOA U12 athletes will NOT be nationally carded.**

### Race Parameters

- AOA strongly recommends that all athletes train and race at a development ratio of 8:1
- Races will be regionalized to reduce travel time for athletes
- 60 inch, kinder/children’s gates will be used
- 4 events: panelled SL, SL, GS, Kombi plus AOA Championships 1 SL and 1 GS
- Additional AOA sanctioned invitational events may be added - host club to administer in accordance with AOA Invitational Application and Policy
- All race events will be set in accordance to ACA/AOA sanctioned course setting rules – see Appendix F

## Course Setting

Current course setting guidelines for U12 can be found in Appendix F

## Jury

- The Jury will consist of a 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 CSCF horizontal certification pathway)

## 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 two (2) runs
- 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

- Results will be based on official race format [FIS ICR 617.3.2](#)
- 1<sup>st</sup> – 3<sup>rd</sup> male and female athletes will receive medals – no podium
- 4<sup>th</sup> – 10<sup>th</sup> male and female athletes will receive ribbons – no podium
- All athletes and coaches are expected to attend award ceremonies. Top 5 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.

## Equipment

- All athletes must comply with the ACA domestic policy – see Appendix E
- Helmets must comply with event specific rules
- No Go Pro mounts and other modifications permitted
- Athletes are permitted to wear speed suits
- Only one pair of skis required

## Skills Camps

Each season, AOA hosts a series of U12 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 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. Alpine Ontario will be using Ontario Team staff and club Head Coaches whenever possible.

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 <http://www.alpineontario.ca/Racing/Camps.aspx>

## U14 Program

### Program Design

Class	Age	LTAD Stage	Principles	Competition & Rankings	Performance & Benchmark Events	ACA/AOA Initiatives/ Programs
U14	Ages 12 & 13 as of 12/31 of current season	Learn to Train/ Learn to Race	SL/GS/K/SX SG/DH Elements Alpine Specific Motor Skill/ Coordination	Provincial, Regional & Zone Races Snow Stars Festivals ACA National Points	U14 CanAm Championships U14 Provincial Championships	Snow Stars levels 6-7

The U14 age program is aimed at providing athletes aged 12 and 13, the ‘FUNdamentals’ of skiing and truly progress into the Learn to Train phase as defined in the [ACA LTSD phases of Skier Essentials and Learn to Train](#). The [ACA SnowStars program](#) continues to offer athletic guidance at levels 6 and 7. U14 competition events are to be focused on the development of ski racing skills while beginning to promote performance on demand.

In the Southern Ontario Division (SOD), due to the large number of athletes, a Division 2 program is aimed at athletes who wish to continue to develop skiing skills and compete at a more recreational level. SOD Division 2 athletes are able to continue their personal growth and enter events from the other stream of competition events with specific limitations (see Appendix A for SOD Division 2 for details).

Athletes will ski SL, GS, Speed and Ski Cross either in competition or at Skills Camps.

### Eligibility

Athletes must be 12-13 years of age as of December 31<sup>st</sup> of the current season to be eligible for the U14 racing program.

To participate in the 2016 U14 AOA Provincial Championships, each athlete must submit a dated fitness testing record to AOA by Dec 31, 2015. Please consult with your club for planned fitness testing sessions.

### Registration

All U14 athletes must be registered through the AOA online registration system and have a signed waiver to compete in any events or camps.

### Race Parameters

- Maximum **14** technical race starts (all domestic calendared events will count as starts, including Invitationals ) and limited speed starts to 6.

- Additional AOA sanctioned invitational events may be added - host club to administer in accordance with AOA policy
- All race events will be set in accordance to ACA/AOA sanctioned course setting rules – see Appendix F
- All U14 athletes MUST have a National Card this season to receive National Points

### Course Setting

Current course setting guidelines for U14 can be found in Appendix F

### Jury

- The Jury will consist of a Technical Delegate, Chief of Race and a Referee to ensure FIS ICR and ACA National Competition Rules compliance
- AOA will attempt to pre-assign referees and course setters for AOA events
- All Jury members are required to be minimum ACA Level 2 Official (coaches may qualify through [CSCF on-line module](#))

### Start Lists

#### U14

- 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 draw of girl and boys based on current national points rankings
- Start lists will be generated based on ACA National Points as per ACA National Competition Rules
- Second run start order is determined by the result list of the first run except for the first 30 places, which shall start in reverse order ([FIS ICR 621.11.1](#))
- All athletes will have 2 runs
- e.g. Run 1 Girls (by national points), Boys (by national points)
- e.g. Run 2 Girls (results from run 1 but flip top 30 followed by DSQ DNF DNS), Run 2 Boys (results from run 1 but flip top 30 followed by DSQ DNF DNS)

### Results & Awards

- Results will be based on official race format [FIS ICR 617.3.2](#)
- 1<sup>st</sup> – 3<sup>rd</sup> male and female athletes will receive medals on podium
- 4<sup>th</sup> – 5<sup>th</sup> male and female athletes will receive ribbons
- 6<sup>th</sup> – 10<sup>th</sup> male and female athletes will be recognized
- All athletes and coaches are expected to attend award ceremonies. Top 5 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

### Equipment

- All athletes must comply with the ACA domestic policy – see Appendix E
- Helmets must comply with event specific rules
- No Go Pro mounts and other modifications permitted
- Athletes should have SL, GS specific skis in compliance with Appendix E
- Athletes are permitted to wear speed suits
- No SL chin guards on helmets at GS or Super G races
- No SL hand guards on poles at GS or Super G races
- Back protector highly recommended for speed events (size appropriate)

### Skills Camps

Each season, AOA hosts a series of U14 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 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. Alpine Ontario will be using Ontario Team staff and club Head Coaches whenever possible.

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 <http://www.alpineontario.ca/Racing/Camps.aspx>

### U14 Provincials

- **Athletes attending the 2016 U14 Provincials will compete in 2 SL, 2 GS and 2 SG.**
- The Provincials will be a nationally pointed event
- More information on the U14 Provincials can be found under the Selection Criteria document on the U14 page of the AOA website
- To participate in the 2016 U14 AOA Provincial Championships, each athlete must submit a dated fitness testing record to AOA by Dec 31, 2015. Please consult with your club for planned fitness testing sessions.
- Clubs must enter all athletes through their Regional Division (LSDA, NCD, NOD, SOD)
- All divisions will send all entries to the AOA Competition Manager at [admin@alpineontario.ca](mailto:admin@alpineontario.ca)

## U16 Program

### Program Design

Class	Age	LTAD Stage	Principles	Competition & Rankings	Performance & Benchmark Events	ACA/AOA Initiatives/ Programs
U16	Ages 14 & 15 as of 12/31 of current season	Learn to Race/ Train to Race	SL/GS/SG DH/SX Development	National, Provincial & Regional Races ACA National Points	Whistler Cup, U16 CanAm Championships, Canada Games, U16 Provincials	Team Canada Camp at Whistler Cup/Gold Cup/ Rising Stars Speed Camps/Summer Super Camps

The U16 age program is aimed at providing athletes, aged 14 and 15, the continuation of the [ACA LTSD Learn to Race](#) phase and progress into [ACA LTSD Train to Race](#) phase. U16 competition events are to be focused on the development of ski racing skills and promoting the performance on demand.

For Division specific programming please see Appendix A-D.

Athletes will ski SL, GS, Speed and Ski Cross either in competition or at skills camps.

### Eligibility

Any child that is 14-15 years of age as of December 31<sup>st</sup> of the current season is eligible for the U16 racing program.

To participate in the 2016 U16 AOA Provincial Championships, each athlete must submit a dated fitness testing record to AOA by Dec 31, 2015. Please consult with your club for planned fitness testing sessions.

### Registration

All U16 athletes must be registered through the AOA online registration system and have a signed waiver to compete in any events or camps.

### Race Parameters

- ACA and AOA recommend U16 age athletes race a maximum **18** domestic technical race starts (all domestic calendared events will count as starts, including Invitationals)
- Athletes can ski SL, GS, Speed, and Ski Cross in competition or skills camps
  - Additional AOA sanctioned invitational events may be added - host club to administer in accordance with AOA Policy and Application
  - All race events will be set in accordance to ACA/AOA sanctioned course setting rules – Appendix F

## Course Setting

Current course setting guidelines for U16 can be found on the AOA website by clicking on Racing>Alpine>U16 and attached in Appendix F

## Jury

- The Jury will consist of a Technical Delegate, Chief of Race and a Referee to ensure FIS ICR and ACA National Competition Rules compliance
- AOA will attempt to pre-assign referees and course setters for AOA events
  - SOD events will follow the same model
- All Jury members are required to be minimum ACA Level 2 Official (coaches may qualify through [CSCF on-line module](#))

## Start Lists

### U16

- 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 draw of girls and boys based on current national points rankings
- Start lists will be generated based on ACA National Points as per ACA National Competition Rules
- Second run start order is determined by the result list of the first run except for the first 30 places, which shall start in reverse order ([FIS ICR 621.11.1](#))
- All athletes will have 2 runs
- e.g. Run 1 Girls (by national points), Boys (by national points)
- e.g. Run 2 Girls (results from run 1 but flip top 30 followed by DSQ DNF DNS), Run 2 Boys (results from run 1 but flip top 30 followed by DSQ DNF DNS)

## Results & Awards

- Results will be based on official race format [FIS ICR 617.3.2](#)
- 1<sup>st</sup> – 3<sup>rd</sup> male and female athletes will receive medals on podium
- 4<sup>th</sup> – 5<sup>th</sup> male and female athletes will receive ribbons
- 6<sup>th</sup> – 10<sup>th</sup> male and female athletes will be recognized
- All athletes and coaches are expected to attend award ceremonies. Top 5 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

## Equipment

- All athletes must comply with the ACA domestic policy – see Appendix E
- Helmets must comply with event specific rules

- No Go Pro mounts and other modifications permitted
- Athletes should have SL, GS specific skis in compliance with Appendix E
- No SL chin guards on helmets at GS or Super G races
- No SL hand guards on poles at GS or Super G races
- Other safety equipment will also be required as per [FIS Equipment Rules](#) beyond a helmet for specific disciplines
- Athletes are permitted to wear speed suits
- Back protector strongly recommended for all speed events (size appropriate)
- Mouth guards strongly recommended

### Skills Camps

Each season, AOA hosts a series of U16 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 specific skills. The camps are divided into three groups for different ages. The 2-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. Alpine Ontario will be using Ontario Team staff and club Head Coaches whenever possible.

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 <http://www.alpineontario.ca/Racing/Camps.aspx>

### U16 Provincials

- Athletes attending the 2016 U16 Provincials will compete in 2 SL, 2 GS, and 2 Super G speed events.
- The Provincials will be a nationally pointed event.
- Selection Criteria is available on the AOA website on the Racing>U16 page
- Clubs must enter all athletes through their Regional Division (NOD, NCD, LSDA, and SOD).
- To participate in the 2016 U16 AOA Provincial Championships, each athlete must submit a dated fitness testing record to AOA by Dec 31, 2015. Please consult with your club for planned fitness testing sessions.
- Divisions will send all entries to the AOA Competition Manager at [admin@alpineontario.ca](mailto:admin@alpineontario.ca).

## U18+/NATIONAL & FIS Program

### Program Design

Class	Age	LTAD Stage	Principles	Competition & Rankings	Performance & Benchmark Events	ACA/AOA Initiatives/ Programs
U18	Ages 16 & 17 as of 12/31 of current season	Train to Race	SL/GS/SG DH/SX Development Competition/ Skill focus	National, Provincial & Regional FIS Races FIS Points	World Junior Championships, U18 National Championships US U18 Championships	Team Canada at US U18's/Youth Olympic Games/ Speed Camps/ Prospect Camp/

The U18+ age program is aimed at providing athletes, aged 16 years or older with programming based on the [ACA LTSD Learn to Race](#) phase and progressing to the [Train to Race and Train to Win phases of the ACA LTSD](#). The U18+ age group provides the most diversity for an athlete to compete. U18+ is the age where not only can an athlete ski race domestically within Canada but can also register as an international athlete with the International Ski Federation (FIS). AOA/SOD operate two separate racing programs based on the Athlete Registration (NATIONAL or FIS). With a National Card, athletes may only ski in events sanctioned by ACA however FIS carded athletes can ski in both FIS and ACA sanctioned events.

At this level, athlete performance becomes a strong focus of the competitions; while the development of strong skiing skills remains a crucial element of the program.

Athletes may ski SL, GS, Speed (DH and Super G) and Ski Cross either in competition or at skills camps dependent on registration.

### Eligibility

Any athlete that is 16+ years of age as of December 31<sup>st</sup> of the current season are eligible for the U18+ racing program.

### Registration

All U18+ athletes must be registered through the AOA online registration system and have a signed waiver to compete in any events or camps.

### Race Parameters

- 2 sanctioning bodies for ski racing
  - FIS is a competitive race circuit governed by an International standard
  - ACA is a competitive race circuit governed by national standard
- ACA and FIS both produce Annual Competition Regulations that apply to athletes of these age groups and govern areas such as number of starts and rules of equipment
- Additional AOA sanctioned invitational events may be added - host club to administer in accordance with AOA policy



- AOA event series will consist of 3 SL, 3 GS and the SOD open championship consisting of 1SL & 1 GS
- All race events will be set in accordance to the [FIS ICR](#)

### FIS & ACA Eligibility

- All U18+ athletes MUST have a National Card this season to receive National Points
- Race entries for FIS events will be coordinated by AOA; the FIS calendar is administered by the FIS
- Only athletes in possession of a current and active FIS card may enter a FIS sanctioned event
  - FIS Card International athletes may compete anywhere in the world
  - FIS Card National athletes may compete anywhere in Canada
  - FIS Card Provincial athletes may compete in the province of their provincial Health Card

### Jury

- The Jury will consist of a Technical Delegate, Chief of Race and a Referee (coach selected at Team Captains Meeting), to ensure FIS ICR and ACA National Competition Rules compliance
- AOA will attempt to pre-assign referees and course setters for AOA events
- All Jury members are required to be minimum ACA Level 2 Official (coaches may qualify through CSCF horizontal certification pathway)

### 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 draw of girl and boys based on current national points rankings
- Start lists will be generated based on ACA National Points as per ACA National Competition Rules
- Second run start order is determined by the result list of the first run except for the first 30 places, which shall start in reverse order (FIS ICR 621.11.1)
- All athletes will have 2 runs
- e.g. Run 1 Girls (by national points), Boys (by national points)
- e.g. Run 2 Girls (results from run 1 but flip top 30 followed by DSQ DNF DNS), Run 2 Boys (results from run 1 but flip top 30 followed by DSQ DNF DNS)
- *Note ACA races: All athletes will have 2 runs (R1 DSQs DNFs DNSs will go at end of Run 2 in bib order)*

- *At joint FIS/ACA competition events the jury will decide if ACA competitors receive a second run.*

### Results & Awards

- Results will be based on official race format [FIS ICR 617.3.2](#)
- 1<sup>st</sup> – 3<sup>rd</sup> male and female athletes will receive medals on podium
- 4<sup>th</sup> – 5<sup>th</sup> male and female athletes will receive ribbons at ACA events
- 6<sup>th</sup> – 10<sup>th</sup> male and female athletes will be recognized (4<sup>th</sup> – 10<sup>th</sup> at FIS events)
- All athletes and coaches are expected to attend award ceremonies. Top 5 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
- When U18+ and FIS fields are run at the same event, U18+ athletes will qualify for U18+ awards and FIS athletes will qualify for FIS awards (i.e. If a U18+ athlete finishes first overall then he/she will win the U18 race, not the FIS race, and vice versa). An overall category could be awarded as well if U18 athletes finish on the FIS podium.
- SOD series will consist of 3 SL, 3 GS and will result in a SOD series champion. The SOD Championship event will name an individual combined champion.

### Equipment

- All athletes must comply with the ACA domestic policy – see Appendix E
- Helmets must comply with event specific rules
- No Go Pro mounts and other modifications permitted
- Athletes will be required to have SL, GS specific skis in compliance with ACA and FIS standards – [please click](#) here for ACA National Rules and Policies including equipment specifics
- Super G skis will be required for athletes participating in Super G
- Other safety equipment will also be required beyond a helmet for specific disciplines (e.g. back protector in speed)
- No SL chin guards on helmets at GS or Super G races
- No SL hand guards on poles at GS or Super G races
- Athletes are permitted to wear speed suits

Appendix A SOD Programming

Appendix B NCD programming - pending

Appendix C NOD programming - pending

Appendix D LSDA programming – pending

Appendix E Equipment

Appendix F Course setting

Appendix G U18/21 University Racing - pending

## Appendix A: SOD Divisional amendments

### U14 SOD Race Parameters

- SOD - 2 divisions of racing
  - Division 1 is a more intensive race circuit which is operated in full compliance with AOA race parameters
  - Division 2 is a basic competitive race circuit and is offered only with the Southern Ontario Division( SOD)
- Maximum **14** technical race starts (all domestic calendared events will count as starts, including Invitationals) and limited speed starts to 6.
- Additional AOA sanctioned invitational events may be added - host club to administer in accordance with AOA policy
- All race events will be set in accordance to ACA/AOA sanctioned course setting rules – Appendix F

### U14 and Southern Ontario Division (Division 2)

- All U14 athletes **MUST** have a National Card this season to receive National Points
- Race entries for Division 1 will be coordinated by AOA on [www.acapoints.ca](http://www.acapoints.ca)
- Division 1 athletes have priority to enter Division 1 events
- Division 1 athletes are not allowed to compete in any Division 2 events unless a club makes an application to SOD/AOA (e.g. return to snow following an injury)
- Division 2 athletes are eligible to compete in a maximum of **3** SOD Division 1 events throughout the season (does not include Provincials)
- Division 2 athletes can qualify for the next Division 1 event by placing in the top 5 in a Division 2 event
  - This qualifying spot can only be applied to the next Division 1 calendared event in the same discipline
- The Division 1 and 2 calendars will reflect this rule
- Club quota system for Division 1 races will be put into place when maximum field size of 140 per gender is reached
- Club quota system for Division 1 races is based on 25% of the total number of U14 athletes registered at each club

### Course Setting

Current course setting guidelines for U14 can be found in Appendix F and apply to division 1 and 2 events.

## Jury

- The Jury will consist of a 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 (coaches may qualify through [CSCF on-line module](#))

## Start Lists

### U14

- 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 draw of girl and boys based on current national points rankings
- Start lists will be generated based on ACA National Points as per ACA National Competition Rules
- Second run start order is determined by the result list of the first run except for the first 30 places, which shall start in reverse order ([FIS ICR 621.11.1](#))
- All athletes will have 2 runs
- e.g. Run 1 Girls (by national points), Boys (by national points)
- e.g. Run 2 Girls (results from run 1 but flip top 30 followed by DSQ DNF DNS), Run 2 Boys (results from run 1 but flip top 30 followed by DSQ DNF DNS)

## Start Lists

### [Southern Ontario Division \(Division 2\)](#)

- 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 draw of girls and boys based on current national points rankings
- Start lists will be generated based on ACA National Points as per ACA National Competition Rules
- Second run start order is determined by the result list of the first run except for the first 30 places, which shall start in reverse order ([FIS ICR 621.11.1](#))
- All athletes will have 2 runs
- 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

- Results will be based on official race format [FIS ICR 617.3.2](#)
- 1<sup>st</sup> – 3<sup>rd</sup> male and female athletes will receive medals on podium
- 4<sup>th</sup> – 5<sup>th</sup> male and female athletes will receive ribbons

- 6<sup>th</sup> – 10<sup>th</sup> male and female athletes will be recognized
- All athletes and coaches are expected to attend award ceremonies. Top 5 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

### U16 SOD Race Parameters

- Southern Ontario Division (SOD) - 2 divisions of racing
  - Division 1 is a more intensive race circuit
  - SOD Division 2 is a basic competitive race circuit
- ACA and AOA recommend U16 age athletes race a maximum **18** domestic technical race starts (all domestic calendared events will count as starts, including Invitationals)
- Athletes can ski SL, GS, Speed, and Ski Cross in competition or skills camps
- Additional AOA sanctioned invitational events may be added - host club to administer in accordance with AOA Policy and Application
- SOD event series (Division 1) consists of 3 SL, 3 GS and 2 SG.
- All race events will be set in accordance to ACA/AOA sanctioned course setting rules – Appendix F

### U16 Division 1 & 2 Eligibility

- Race entries for Division 1 will be coordinated by AOA on [www.acapoints.ca](http://www.acapoints.ca)
- Division 1 athletes have priority to enter Division 1 events
- Division 1 athletes are not allowed to compete in any Division 2 events unless a club makes an application to SOD/AOA (e.g. return to snow following an injury)
- Division 2 athletes are eligible to compete in a maximum of **3** SOD Division 1 events throughout the season (does not include Provincials)
- Division 2 athletes can qualify for the next Division 1 event by placing in the top 5 in a Division 2 event
  - This qualifying spot can only be applied to the next Division 1 calendared event in the same discipline
- The Division 1 and 2 calendars will reflect this rule
- Club quota system for Division 1 races will be put into place when maximum field size of 140 per gender is reached
- Club quota system for Division 1 races is based on 25% of the total number of U16 athletes registered at each club

## Course Setting

Current course setting guidelines for U16 can be found in Appendix F and apply to Division 2 events.

## Jury

- The Jury will consist of a Technical Delegate, Chief of Race and a Referee to ensure FIS ICR and ACA National Competition Rules compliance
- AOA will attempt to pre-assign referees and course setters for AOA events
  - SOD events will follow the same model
- All Jury members are required to be minimum ACA Level 2 Official (coaches may qualify through [CSCF on-line module](#))

## Start Lists

### [U16 and SOD Division 2](#)

- 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 draw of girls and boys based on current national points rankings
- Start lists will be generated based on ACA National Points as per ACA National Competition Rules
- Second run start order is determined by the result list of the first run except for the first 30 places, which shall start in reverse order ([FIS ICR 621.11.1](#))
- All athletes will have 2 runs
- e.g. Run 1 Girls (by national points), Boys (by national points)
- e.g. Run 2 Girls (results from run 1 but flip top 30 followed by DSQ DNF DNS), Run 2 Boys (results from run 1 but flip top 30 followed by DSQ DNF DNS)

## Results & Awards

- Results will be based on official race format [FIS ICR 617.3.2](#)
- 1<sup>st</sup> – 3<sup>rd</sup> male and female athletes will receive medals on podium
- 4<sup>th</sup> – 5<sup>th</sup> male and female athletes will receive ribbons
- 6<sup>th</sup> – 10<sup>th</sup> male and female athletes will be recognized
- All athletes and coaches are expected to attend award ceremonies. Top 5 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

## APPENDIX E – AOA Equipment Standards

As taken from Alpine Canada Alpin [National Rules of Competition](#) and [National Rules Policies 15-16](#)

### National Amendments to FIS ICR

#### 222 Competition Equipment

**222.1** A competitor may only take part in a National competition with equipment which conforms to the FIS or Nationally approved Regulations. A competitor is responsible for the equipment that he uses (skis, bindings, ski boots, suit, etc.). It is his duty to check that the equipment he uses conforms to the FIS specifications and general safety requirements and is in working order.

**222.2** The term competition equipment encompasses all items of equipment which the competitor uses in competitions. This includes clothing as well as apparatus with technical functions. The entire competition equipment forms a functional unit.

#### **Skis:**

ACA may specify ski length and radius for national events. Physical development, ability and skills must be considered for equipment. Please refer to the [National Rules and Policies](#) document for the current competition season.

Athletes competing in FIS events must compete on equipment that respects FIS rules. This includes International Children races.

#### **Helmets:**

Ski helmets specific to alpine skiing are mandatory at all times and must be in accordance with FIS compliant rules.

*Transitional rule 2015-2016 for U14 & U16 (GS, SG, DH )*

Alpine Canada Alpin is following the transitional rule for the 15-16 season regarding introduction of new FIS helmet regulations. No changes will be made for helmet rules within Canada for the 15-16 season.

The new helmet rules will be applicable to Canada in the 2016/2017 season.

Please note that USSA have introduced the new helmet rule for all U14 & U16 races in the 15-16 season. Any athlete attending a USSA race must conform to the USSA helmet rule for 15-16 and beyond.



It is highly recommended that any U14 and older athletes requiring new helmets look to purchase the new FIS approved models moving forward. Athletes will be able to wear the higher conformity helmet (SNELL 98 and new FIS standard) for the 15-16 season should they choose to.

FIS sanctioned events including FIS children’s races are governed by the FIS equipment rules.

### 1.2 Competition Equipment Specifications NON-FIS

As per the FIS 2015-2016 specifications for competition equipment and commercial markings.

		U14	U16 & U18*
1.2.1.1 SKI LENGTH SKI LENGTH MEASUREMENT TOLERANCE OF +/- 1CM	SG		>=183
Ladies	SG Men	>=130	>=183
	SL	>=130	>=130
Ladies	SL Men	<=188	<=188
	GS	<=188	<=188
Ladies	GS Men		
1.2.1.3 RADIUS (MINIMUM)	SG		
Ladies	SG Men	17	17
	GS	17	17
Ladies	GS Men		
1.2.1.2.1 PROFILE WIDTH UNDER BINDING	GS	<=65	<=65
2.1.2 MAX STANDING HEIGHT (SKI/PLATES/BINDING)		50	50

\*Legend

>=MINIMUM

<=MAXIMUM

U18 Equipment standards at PTSO discretion.

Within Alpine Ontario Alpin it is recommended that Male athletes have GS skis with radius  $\geq$  30m and female  $\geq$  25m.

### **1.3 FIS Equipment Rules**

All CAN registered athletes competing in FIS events for the 2015-2016 season must compete with equipment that respects FIS rules. This includes International Children Races. For further details in relation to FIS equipment rules please see the following link:

#### **Additionally**

Alpine Ontario strongly recommends that all athletes competing in SG events wear properly fitted back protectors and AOA will transition to mandatory back protectors for SG for the 2016/2017 season.

<b>APPENDIX F - AOA COURSE SETTING GUIDELINES</b>						
<b>AGE</b>	<b>DETAILS</b>	<b>DUALS</b>	<b>KOMBI</b>	<b>SLALOM</b>	<b>GIANT SLALOM</b>	<b>SPEED</b>
	VERTICAL DROP	AS TERRAIN ALLOWS	AS TERRAIN ALLOWS	AS TERRAIN ALLOWS	AS TERRAIN ALLOWS	
	NUMBER OF GATES	SL 15-30 GS 15-20	20-30 Approx.	25-30 Approx.	25 MAX Turns	USE EASY TERRAIN
<b>U10</b>	VERTICAL DISTANCE	SL 4-6M GS 10-14	SL 4-6M GS 12-16M	4-6 M	14-18 M PANELS	TO DEVELOP SKILLS
<b>5-9</b>	TYPE OF GATE	STUBBIES OR PANELS	STUBBIES AND PANELS	STUBBIES/ KINDER GATES	PANELS	STARTS, TUCKING
	TURN SHAPE	1/2 TO 3/4	1/2 TO FULL	1/2 TO 3/4	3/4 TO FULL	GLIDING, JUMPING
	COMBINATIONS	NONE	MIN 4 SECTIONS	SINGLE GATE COMBOS	NO DELAY IF POSSIBLE	AND TERRAIN ADAPTATION
	NUMBER OF RUNS	MULTI	AOA GUIDELINES	AOA GUIDELINES	AOA GUIDELINES	
	SNOW STARS LEVEL	2,3,4	2,3,4	2,3,4	2,3,4	
<b>U12</b> <b>10-11</b>	VERTICAL DROP	60-80 ??	140 MAX	120 MAX	200 MAX	USE EASY TERRAIN TO DEVELOP SKILLS STARTS, TUCKING GLIDING, JUMPING AND TERRAIN ADAPTATION
	NUMBER OF GATES	SL 25-35	40 MAX	25-30 MAX	13-18%	
	VERTICAL DISTANCE	SL 5-8M GS 12-18M	SL4-8M GS 14-18M	4-8M	14-20M	
	TYPE OF GATE	STUBBIES OR PANELS	STUBBIES AND PANELS	STUBBIES/ KINDER GATES	PANELS	
	TURN SHAPE	1/2 TO 3/4	1/2 TO FULL	1/2 TO FULL	1/2 TO FULL	
	COMBINATIONS	NONE	MINIMUM 4 SECTIONS	SINGLE GATE COMBOS	NO DELAYS IF POSSIBLE	
	NUMBER OF RUNS	MULTI WITH TIMING	AOA GUIDELINES	AOA GUIDELINES	AOA GUIDELINES	
	SNOW STARS LEVEL	4,5,6	4,5,6	4,5,6	4,5,6	
	SAFETY	HEAD MOUTH AND SPINE?	HEAD MOUTH AND SPINE?	HEAD MOUTH AND SPINE?	HEAD MOUTH AND SPINE?	HEAD MOUTH AND SPINE?
	VERTICAL DROP	100M MAX	200M SL 250M GS MAX	Min 110m- Max 140m	Min 200m- Max 250m	Min 225m- Max 350m
	NUMBER OF GATES	20-30	10-12% GS/SG	32-38% +/- 3	13-18%	8-12%
<b>U14</b>	VERTICAL DISTANCE	SL 8-10M GS 18-20M	SEE ICR 608.12	8-10M Open, Max 3 hairpins	15-25m	25-40M
<b>12-13</b>	TYPE OF GATE	FULL GATE OR PANELS	STUBBIES, KINDER, FULL AND PANELS	60" Kinder Gates/ 27 mm full Gates	27MM FULL GATES	27MM FULL GATES
	TURN SHAPE	1/2 TO 3/4	ALL	ALL	3/4 - FULL	SPEED CONTROL
	COMBINATIONS	NONE	MIN 5 (SL) 3-5 (SG)	4-5m vert combination, 1x3 gate flush		1 Jump recommended
	DELAY COMBINATION			1-2(Max) Delay, Max 13m turning- turning	Max 3 delay, 35m (Max turning to turning)	Delay, Min-15m
	NUMBER OF RUNS	MULTI WITH TIMING	AOA GUIDELINES	AOA GUIDELINES	AOA GUIDELINES	MULTI (2) IF POSSIBLE
	SNOW STARS LEVEL	6,7	6,7	6,7	6,7	6,7
	SAFETY	HEAD MOUTH AND SPINE?	HEAD MOUTH AND SPINE?	HEAD MOUTH AND SPINE?	HEAD MOUTH AND SPINE?	HEAD MOUTH AND SPINE?
<b>U16</b> <b>14-16</b>	VERTICAL DROP	100M MAX	120-200M	Min 120m- Max 160m	Min 200m- Max 300m	Min 300m- Max 450m
	NUMBER OF GATES	20-30	10-12%	32-38% +/-3	13-18%	8-12%
	VERTICAL DISTANCE	SL 8-10M GS 18-20M	SEE ICR 608.12.3.3	8-11M, Open, Max 3 Hairpins	20-27M MAX	25-45M
	TYPE OF GATE	FULL GATE OR PANELS	STUBBIES, FULL AND PANELS	27MM (type A OR B) FULL GATES	27MM (type A OR B) FULL GATES	PANELS
	TURN SHAPE	1/2 TO 3/4	ALL	ALL	ALL	SPEED CONTROL
	COMBINATIONS	NONE	MINIMUM 5 SECTIONS	4-6m Vert. Combinations, 1-3(Max) 3 gate flush		1 Jump recommended
	DELAY COMBINATION			1-3(Max) Delay, Max 15m turning- turning	Min 1- Max 3 Delay, (Max 35m turning- turning)	Delay, Min-15m
	NUMBER OF RUNS	MULTI WITH TIMING OR KNOCKOUT	AOA GUIDELINES	AOA GUIDELINES	AOA GUIDELINES	MULTI (2) IF POSSIBLE
	SNOW STARS LEVEL					
	SAFETY	HEAD MOUTH AND SPINE?	HEAD MOUTH AND SPINE?	HEAD MOUTH AND SPINE?	HEAD MOUTH AND SPINE?	HEAD MOUTH AND SPINE?
<b>*ONTARIO SPECIFIC RULES FOR SETTING AND SAFETY AT EVENTS:</b>						
<b>U10/12</b>	The setting of delay gates in GS competitions is not recommended but is allowed if terrain requires					
<b>U12</b>	SL will use stubbies or KINDER gates for SL events. Stubbies and GS panels for KK events. GS panels for GS events. Junior gates are allowed for GS if available by the ROC.					
<b>U14</b>	AOA Strongly recommends that 60" KINDER gates be used at beginning of season to allow for development to Full Gates. KK(SL/GS format) events will use a combination of stubbies, full gates and panels.					
<b>U14</b>	SL will use only single gate combinations for the AWG trials, AWG and COP SL races. Standard verticals will be used at the Pano Finals and SZ/NZ open events.					
<b>NUMBER OF RUNS - AOA GUIDELINES - 1 RUN TIME FOR 1 RUN RACE - 2 RUN COMBINED TIMES FOR A 2 RUN RACE</b>						
<b>ALL RACE SLOPES SHOULD BE ADEQUATELY NETTED FOR SKIER PROTECTION (SEE RUN HOMOLOGATION REPORTS)</b>						
<b>EVENTS SHOULD BE RUN WITH FIS APPROVED TIMING SYSTEMS ( PORTABLE TIMING SYSTEMS WITH ENTRY LEVEL ONLY)</b>						
<b>SNOW SURFACE SHOULD BE MAN MADE SNOW OR HEAVILY WORKED NATURAL SNOW</b>						
<b>TECHNICAL EVENT SLOPE WIDTH 30M INSIDE SAFETY. SPEED EVENT SLOPE WIDTH 40M INSIDE SAFETY</b>						