

**2018-19 U.S. Ski & Snowboard Alpine Course Setting Specifications (Scored and Non-Scored)**

		U10 and younger	U12	U14	U16 and Older
<b>Downhill (DH) 700 and U1253</b>	Distance between gates	<b>X</b>	<b>X</b>	Max. 50 m	As required
	Vertical drop			Max. 350 m	Max. 500 m <sup>1</sup>
<b>Slalom (SL) 800 and U1254</b>	Direction changes	Combination 4-6 m; Open 6-10 m; Delay 11-14 m	Max. 120 m	As required	As required
	Distance between gates			Combination 4-6 m; Open 7-11 m; Delay 12-15 m	
<b>Giant Slalom (GS) 900 and U1255</b>	Vertical drop	Max. 100 m	Max. 120 m	Max. 140 m	Max. 160 m <sup>1</sup>
	Additional requirements			2-4 hairpins; 1-2 verticals (max. 3 gates); 1-3 delays	3-6 hairpins; 1-3 verticals (3-4 gates); 1-3 delays
<b>Super G (SG) 1000 and U1256</b>	Distance between gates	Open 15-22 m; Delay min. 8 m between successive gates and max. 30 m from turning pole to turning pole	Max. 250 m	Open 15-25 m; Delay min. 10 m between successive gates and max. 35 m from turning pole to turning pole	Open 15-27 m; Delay min. 10 m between successive gates and max. 35 m from turning pole to turning pole
	Vertical drop			Max. 200 m	Max. 300 m
<b>Parallel Kombi - SL/GS U1259</b>	Additional requirements	<b>X</b>	Variety of terrain suggested	Variety of terrain suggested	Variety of terrain suggested
	Distance between gates			Open 22-35 m; Delay min. 10 m between successive gates and max. 45 m from turning pole to turning pole	Open 25-40 m; Delay min. 15 m between successive gates and max. 50 m from turning pole to turning pole
<b>Parallel Kombi - SL/GS U1259</b>	Vertical drop	Max. 300 m	Max. 300 m	Max. 350 m	Max. 450 m <sup>1</sup>
	Additional requirements			Training run required (U1256.4) <sup>3</sup>	Min. of 1 jump recommended
<b>Parallel Kombi - SL/GS U1259</b>	Distance between gates	SL 6-10 m, GS 12-20 m	150 m	Variety of terrain suggested	Training run recommended (U1003.2.1)
	Maximum vertical drop			10-20 m <sup>2</sup>	100 m
<b>Parallel Kombi - SL/GS U1259</b>	Distance between gates	SL 6-10 m, GS 12-20 m	180 m	SL 6-10 m, GS 12-20 m	200 m
	Maximum vertical drop			150 m	200 m

<sup>1</sup> In U19 and Older only competition, maximum vertical drop may be expanded to DH: 700 m, SL: 200 m, GS: 400 m for women and 450 m for men, SG: 600 m

<sup>2</sup> Distance between courses should be 8-12 m.

<sup>3</sup> U1256.4 – Official training for U12 and U14 SG must include at least one SG training run prior to the first competition. Official training for U12 and U14 SG events is an integral part of the competition and all athletes are required to participate. In exceptional cases, which must be documented in the jury minutes, a controlled free-ski run may be authorized in lieu of an official training run. If racing with U16 athletes, U1256.4 applies: U14 and younger athletes must be provided a training run as provisioned in this rule.

\* Crossover between age categories for SL, GS, SG, Kombi and SkillsQuest is encouraged. Where multiple age classes are competing, course setting guidelines will be based on the guidelines for one class older than the youngest class (for example, if a race has U10, U12 and U14 racers, it should use the U12 course setting guidelines) except in DH where course setting guidelines will be based on the youngest class participating.