



2025 U.S. Ski & Snowboard Alpine Course Setting Specifications (Scored and Non-Scored)

		U10 and younger	U12	U14	U16 and Older
Downhill (DH) 700 and U1253	Distance between gates	X	X	Max. 50 m	As required
	Vertical drop			Max. 350 m	Max. 500 m ¹
	Direction changes			As required	As required
Slalom (SL) 800 and U1254	Distance between gates	Combination 4-6 m; Open 6-10 m; Delay 11-14 m		Combination 4-6 m; Open 7-11 m; Delay 12-15 m	
	Vertical drop	Max. 120 m		Max. 160 m	Max. 160 m ¹
	Additional requirements	Max. 2 hairpins; Max. 1 vertical combination (Max. 3 gates); Max. 1 delay gate		2-4 hairpins; 1-2 verticals (3-4 gates); 1-3 delays	3-6 hairpins; 1-3 verticals (3-4 gates); 1-3 delays
Giant Slalom (GS) 900 and U1255	Distance between gates	Open 15-22 m; Delay min. 8 m between successive gates and max. 30 m from turning pole to turning pole		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. 250 m		Max. 350 m	Max. 350 m ¹
	Additional requirements	Variety of terrain suggested			
Super G (SG) 1000 and U1256	Distance between gates	X	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	Open 25-45 m; Delay min. 15 m between successive gates and max. 55 m from turning pole to turning pole
	Vertical drop		Max. 300 m	Max. 350 m	Max. 450 m ¹
	Additional requirements		Training run required (U1256.4) ³	Min. of 1 jump recommended	Min. of 1 jump recommended Training run recommended (U1003.2.1)
Parallel	Distance between gates	10-20 m ²			
	Maximum vertical drop	100 m			
Kombi - SL/GS U1259	Distance between gates	SL 6-10 m, GS 10-20 m			
	Maximum vertical drop	180 m	200 m		
Kombi - GS/SG U1259	Distance between gates	X	GS 10-20 m, SG 15-28 m		
	Maximum vertical drop		250 m		

¹ In U18 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

² Distance between courses should be 8-12 m.

³ 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 exception cases, a Jury decision can authorize a controlled free-ski run in lieu of an official training run. The Jury decision can only be made after a discussion with all representatives at the Team Captains Meeting and must be documented in the Jury minutes. 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 specifications will be based on the specifications 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 specifications) except in DH where course setting specifications will be based on the youngest class participating.

** These specifications only apply to course setting; they do not apply to maximum vertical drop. Unless an athlete is competing with a "Ski Up Agreement", they are not permitted to compete in events where the vertical drop exceeds the allowance for their chronological age group. Example: GS field consists of U16, U14, U12, and U10 athletes, U12 course setting specification will apply, but the maximum vertical drop of 200 m for U10 athletes must be respected.

The following are recommended course length targets measured by the winning time. These would be used as a reference to determine the appropriateness of the venue and course set for the given age. Factors taken into consideration include:

*Physiological factors - anaerobic system not well developed until post-puberty

*Attention span - young athletes are less capable of remembering a course and of concentrating on a task throughout a course

*Psychological factors - short courses make for smaller time gaps between racers, more racers feel they are in the mix

*Maturation rates - longer courses may advantage early maturers. In age class competition, this can be leveled. Early maturers should be able to compete against their older, biological age peers, on longer courses based on the rules for older ages in

	U10	U12	U14	U16
DH			:30-:60	:45-1:15
SL	:25-:35	:30-:40	:35-:45	:40-:50
GS	:30-:40	:35-:45	:45-:55	:55-1:05
SG		:30-:45	:40-:60	:45-1:10
Kombi	:30-:40	:35-:45	:40-:50	:45-1:00
Parallel*	:20-:30	:20-:30	:20-:30	:25-:35