



U10 - U12

Ontario Setting Guidelines for Childrens Alpine Ski Racing - Alpine Ontario - December 2018							
AGE	DETAILS	DUALS (DSL)	PANELLED SL (PSL)	KINDER KOMBI (KK)	SLALOM (SL)	GIANT SLALOM (GS)	SPEED
U10 9 and	VERTICAL DROP	AS TERRAIN ALLOWS	AS TERRAIN ALLOWS	AS TERRAIN ALLOWS	AS TERRAIN ALLOWS	AS TERRAIN ALLOWS	USE EASY SKI CROSS/FUNSKI TYPE TERRAIN TO DEVELOP ADAPTATION SKILLS, SNOW PARK FEATURES SECTIONAL TRAINING STARTS, DH STOPS, TUCKING GLIDING, JUMPING, WAVE TANK ABSORBTION, SIDEHILLS, DROP OFFS SPEED TRAPS, GLIDING TRACK, BANK TURNS, SKATING TO TUCKS
	NUMBER OF GATES	SL 15-35 GS 15-20	20-40 Approx.	20-40 Approx.	25-45 Approx.	35 MAX Turns	
	VERTICAL DISTANCE (MIN/MAX)	SL 4-10M GS 12-16 M	4-12M	SL 4-10M GS 12-16M	4-10 M	12-16 M PANELS	
	TYPE OF GATE	STUBBIES OR 25mm PANELS	25mm PANELS	STUBBIES AND 25mm PANELS	STUBBIES/ 25mm GATES	25-27mm 60cm PANELS	
	TURN SHAPE	1/2 TO 3/4	1/2 TO 3/4	1/2 TO FULL	1/2 TO FULL	3/4 TO FULL	
	COMBINATIONS	NONE	MINOR RYTHYM CHANGES AND NONE	MIN. 4 RYTHYM CHANGES/ SINGLE NONE	SINGLE GATE RYTHYM/DIRECTION NONE	RYTHYM CHANGES/CHICANES MAX 1 DELAY (MAX 18 M)	
	DELAY GATES	NONE	NONE	NONE	NONE	NONE	
NUMBER OF RUNS	MULTI SINGLE RUN FUN RACES	MULTI SINGLE RUN FUN RACES	MULTI SINGLE RUN FUN RACES	MULTI SINGLE RUN FUN RACES	MULTI SINGLE RUN FUN RACES	MULTI SINGLE RUN FUN RACES	
	SNOW STARS LEVEL	2,3,4	2,3,4	2,3,4	2,3,4	2,3,4	
U12 10-11	VERTICAL DROP	AS TERRAIN ALLOWS	AS TERRAIN ALLOWS	140 MAX	120 MAX	200 MAX	USE EASY SKI CROSS/FUNSKI TYPE TERRAIN TO DEVELOP ADAPTATION SKILLS, SNOW PARK FEATURES SECTIONAL TRAINING STARTS, DH STOPS, TUCKING GLIDING, JUMPING, WAVE TANK ABSORBTION, SIDEHILLS, DROP OFFS SPEED TRAPS, GLIDING TRACK, BANK TURNS, SKATING TO TUCKS
	NUMBER OF GATES	SL 15-35 GS 15-20	20-40 Approx.	50 MAX	25-50 MAX	13-18%	
	VERTICAL DISTANCE	SL 6-10 M GS 12-18 M	6-12M	SL6-12M GS 14-20M	6-12 M	14-20M	
	TYPE OF GATE	STUBBIES OR 25MM PANELS	25MM PANELS	STUBBIES AND 25mm PANELS	STUBBIES/ 25mm GATES	25-27mm 60cm PANELS	
	TURN SHAPE	1/2 TO 3/4	1/2 TO 3/4	1/2 TO FULL	1/2 TO FULL	1/2 TO FULL	
	COMBINATIONS	NONE	RYTHYM/DIRECTION CHANGES AND NONE	MIN. 4 RYTHYM CHANGES/ SINGLE NONE	SINGLE GATE COMBOS - MAX 2 NONE	RYTHYM CHANGES/CHICANES MAX 1 DELAY (MAX 22 M)	
	DELAY GATES	NONE	NONE	NONE	NONE	NONE	
	NUMBER OF RUNS	MULTI SINGLE RUN FUN RACES	MULTI SINGLE RUN FUN RACES	MULTI SINGLE RUN FUN RACES	AOA GUIDELINES	AOA GUIDELINES	
	SNOW STARS LEVEL	2,3,4	2,3,4	2,3,4	2,3,4	2,3,4	