



Provincial Competition Rules New Brunswick

2025 - 26

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1. Provincial Competition Rules

Competitions follow the rules issued by the governing bodies of alpine ski racing in New Brunswick: Ski New Brunswick (SkiNB), 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**.

SKINB issues these Provincial Competition Rules (PCR NB) and Precisions for competitions in New Brunswick under SKINB 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 SKINB in their respective categories for the current season, which runs from **July 1st** to **June 30th**.

U16 and U14 athletes must complete the [ACA Fitness Combine](#) between **September 1st** and **December 31st**, and results must be emailed to skinbhp@skinb.ca by **December 31st**.

Note that for U16 and U14 athletes to be eligible for any High-Performance programming with SkiNB must submit fitness testing results. This includes attending events such as U14 CanAM, U16 Eastern Nationals and Canada Winter Games. Any athletes who do *not* attend elite championships are not required fitness testing results.

1.2. Prizes

219-NB	U8	Individuals - 10 th - 1 st .
	U10	Individuals - 10 th - 1 st .
	U12	5 th -4 th are recognized, 3 rd - 1 st receive medals.
	U16 U14	5 th -4 th are recognized, 3 rd - 1 st receive medals.
	U18	5 th -4 th are recognized, 3 rd - 1 st receive medals.
	OPEN*	5 th -4 th are recognized, 3 rd - 1 st receive medals.
	BIGGEST MOVER**	Given at all NB FIS races, this award goes to the athlete with the largest positive delta between their start number and their finish position.

*presented at NB FIS Races only

** optionally awarded at a SKI NB sanctioned event

All competitors and coaches must attend the prize-giving.

1.3. Race Organizing Committee

601.3.7-NB 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 as of December 31.

Classification	Competition Year 2025 – 2026	Competition Year 2026 – 2027
U8	2019	2020
	2018	2019
U10	2017	2018
	2016	2017
U12	2015	2016
	2014	2015
U14	2013	2014
	2012	2013
U16	2011	2012
	2010	2011
U18	2009	2010
	2008	2009
U21	2007	2008
	2006	2007
	2005	2006

1.5. Youth Provincial Alpine Competitions

608-NB Youth Provincial Alpine Competitions

608.1-NB Provincial competitions are to be approved by SKINB and published in the SKINB Calendar.

608.2-NB Technical Delegates are proposed by the New Brunswick Officials Committee.

608.4-NB **Quota regulations**

608.4.1-NB See Selection Criteria for SkiNB for provincial quotas.

608.4.2-NB Any unused quota may be reassigned by SKINB.

608.5-NB **Start Order**

608.5.4-NB The club team captains are responsible for the identification of participants.

608.5.5.1-NB Technical events (SL, GS), all competitors within the individual event are drawn in one group. (U12/U14 as one random draw, U14/U16 as one random draw)

Speed event(s) (SG), all competitors are to be drawn by age groups (i.e. U14 drawn in one group, U16 drawn in one group etc.)

The start order for a two day technical event will start with the 2nd half of the initial draw, followed by the 1st half of the initial draw (i.e. “switch halves”). See tables below.

Table 1 SKINB Start Order - Sample 100 Competitors

Race	Run 1	Run 2 (reverse)
1	1 to 101	101 to 1
2	51 to 101, 1 to 50	50 to 1, 101 to 51
100 total competitors, 50/51 in each “half”		

Table 2 SKINB Start Order - Formula

Race	Run 1	Run 2 (reverse)
1	1 to n	n to 1
2	$(m + 1)$ to n , 1 to m	m to 1, n to $(m + 1)$
n = total competitors, $m = n/2$, rounded down		

608.5.6-NB **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.

1.6. Group Draw and Start Order

- 621.3.1-NB The starting order of speed events will be separate and distinct from Technical events if they are calendared as one series.
- 621.6-NB **The draw** should take place on the day before the race. For night races, the draw must take place at the latest before noon on the race day.
- 621.8-NB The draw should be held in a Team Captains' Meeting.
- 621.11-NB **Starting Order for the 2nd Run**
- 621.11.1-NB 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-NB 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 U18 U16 U14, use U16 specifications, U12 U14 use U14 specifications. Maximum vertical drop for the youngest category should be respected.

1.7.1. SL

- 801.2.3-NB **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-NB **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-NB Exception for cases where the number of direction changes cannot be fulfilled due to terrain (e.g. vertical drop)

803.2.1-NB 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-NB **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-NB **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-NB **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-NB **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-NB **Qualification:** All Parallels must have a qualification for all eligible competitors. The starting order for the Qualification shall be determined by drawing all competitors in one group. The fastest 8 competitors from the qualification will advance to the first round (round of 8) of the Elimination Heats. In case of a tie for the 8th position, the competitor with the higher bib number qualifies. Exception for where the event programme may permit 16 (see [PAR Finals Bracket 16](#)) or 32 (see [PAR Finals Bracket 32](#)) competitors.

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-NB **Quarter-finals – Elimination Heats**

1230.4.1-NB The eight qualified competitors start according to the bracket list in heats from top to bottom. See [PAR Finals Bracket 8](#).

1230.4.2-NB 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)*

1232.2 **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 2: 1.1.2-NB Component A: Alpine Racing Skis

Alpine Racing Skis				
Parameter	Event	U14	U16	U18-U21⁵
Ski length (cm)	<i>SG Women</i>		<i>183 min</i>	<i>188 min</i>
	<i>SG Men</i>		<i>183 min</i>	<i>193 min</i>
	<i>GS Women</i>	<i>188 max.</i>	<i>188 max.</i>	<i>175 min</i>
	<i>GS Men</i>	<i>188 max.</i>	<i>188 max.</i>	<i>182 min</i>
	<i>SL Women</i>	<i>130 min</i>	<i>130 min</i>	<i>150 min</i>
	<i>SL Men</i>	<i>130 min</i>	<i>130 min</i>	<i>155 min</i>
Radius (m)	<i>SG Women</i>	<i>17 min¹</i>	<i>23 min³</i>	<i>30 min</i>
	<i>SG Men</i>	<i>17 min²</i>	<i>23 min⁴</i>	<i>30 min</i>
	<i>GS Women</i>	<i>17 min</i>	<i>17 min</i>	<i>23 min</i>
	<i>GS Men</i>	<i>17 min</i>	<i>17 min</i>	<i>23 min</i>
Waist (mm)	<i>SG Women</i>	<i>65 max.</i>	<i>65 max.</i>	<i>65 max.</i>
	<i>SG Men</i>	<i>65 max.</i>	<i>65 max.</i>	<i>65 max.</i>
	<i>GS Women</i>	<i>65 max.</i>	<i>65 max.</i>	<i>65 max.</i>
	<i>GS Men</i>	<i>65 max.</i>	<i>65 max.</i>	<i>65 max.</i>

¹ FIS U14 SG W no min

³ FIS U16 SG W 30m

² FIS U14 SG M no min

⁴ FIS U16 SG M 30m

⁵ National point events

2.2. Helmets

Table 3: 1.6 - Crash Helmets

Helmets	
DH SG GS PAR	Safety Standards
	<i>ASTM 2040</i> <i>EN 1077 (class A) at test speed of 6.8m/s</i>
	<i>+ Label attesting conformity with FIS specifications for racing helmets</i>
	<i>"RH 2013" (10mm x 15mm)</i>
SL	
	Minimum standards
	<i>ASTM 2040</i> <i>EN 1077 (class B)</i>

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-NB **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.

3.6.1.5-NB For the season 2027/2028, a cut proof lower body garment will be required for ages U14 and up. For season 2025/2026 a cut proof layer is strongly recommended.

3.6.6-NB No chin guards on helmets for SG and GS.

3.6.7-NB No hand guards on poles for SG and GS.

3.6.8-NB Mouth guards are recommended.

3.6.9-NB Arm guards will not be allowed for ages U14 and below

3. Selection Criteria for SkiNB High Performance Programs

Table 4: HIGH PERFORMANCE PROGRAMS

	Selection Event	Site	2025	Appeal Deadline	Notes
HP	ACA Fitness Testing Combine result		DEC 31 st		· Testing will be scheduled by SkiNB for all athletes to attend · Criteria will be supplied to approved testing facilities beyond SkiNB testing dates
U16	U16 Eastern Nationals	SQA		As listed in division criteria	· ACA assigned quota of 10M/10F · Subject to limitation by ACA/SkiNB
	Whistler Cup	BC		As listed in division criteria	· FIS assigned quota of 3M/3F · Subject to limitation by ACA/SkiNB
U14	CanAm	USA	-	As listed in division criteria	· ACA assigned quota of 5M/5F · Subject to limitation by ACA/SkiNB
	Whistler Cup	BC		As listed in division criteria	· FIS assigned quota of 3M/3F · Subject to limitation by ACA/SkiNB

The selection appeals committees shall consist of 5 members. The committee will be chaired by the SkiNB Athletic Director and also include an assigned SkiNB board member and a coach representative from each member club. The chair of the committee shall only vote in the event of tie in the committee decision.

Unused event quota will be returned to SkiNB for reassignment by the SkiNB. In extenuating circumstances SkiNB may request an increase in total field size to accommodate appeals and selection challenges.

4. Selection Criteria for National/International Competitions

Table 5: National and International Competitions

	Competition	Site	2025	Appeal Deadline	Notes
U14	CanAm	CAN	Mar 29 – Apr 1	Mar 18	· Team ON selected from results at Provincial Finals
	Whistler Cup	BC	Apr 9-13	Mar 26	
U16	Eastern Finals	SOD	Mar 20-24	Mar 13	· Team ON selected from results at Eastern Finals
	Whistler Cup	BC	Apr 9-13	Mar 26	

To appeal a provincial team selection for a national or international competition, email skinbhp@skinb.ca by the deadline – see table above.

Appeals will be assessed on a case-by-case basis by the SKINB Appeals Committee. Reasonable grounds for an appeal may include injury, illness or extenuating circumstances. After all appeals have been processed SkiNB will announce the Team selected for each event.

5. RACE OPERATIONS

Specifications For Poles

5.1. Length of Upright Pole Above Surface of Snow

4.3.1-NB	<i>Length of upright pole above surface of snow</i>	
U16 U18+		min 1800 mm
U12 U14 SL		max. 1525mm
U10 GS		max. 1525mm
U10 SL		max 1525mm/ stubby

5.2. 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 GS

27 mm max.

U12 SL

25 mm max.

U10 GS

27 mm max.

U10 SL

25 mm rec.

6. Reference

6.1. WC 500 Points

Table 6: 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

6.2. WC 100 Points

Table 7: 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

6.3. Race Points as published in *FIS Points Rules – Edition 2025/26*

The race points must be calculated according to the alpine formula.

Race points will change at every event as they represent a measurement of a competitor's time versus the time of the winner of the event.

Alpine Formula

$$P = (T_x/T_o - 1) \div F$$

or

$$P = (F(T_x)/T_o) - F$$

P = Race points

T_o = Time of the winner in seconds

T_x = Time of the classified competitor in seconds

F = FIS factor- set by the FIS annually and vary by discipline

- Downhill F = 1250
- Slalom F = 730
- Giant Slalom F = 1010
- Super-G F = 1190
- Alpine Combined F = 1360

e.g. SL race

$$P = (T_x/T_o - 1) \div F \text{ equals } (94.68/85.45 - 1) \div \underline{730} = 78.85$$

$$P = (F(T_x)/T_o) - F \text{ equals } (730(94.68)/85.45) - 730 = 78.85$$

e.g. GS race

$$P = (T_x/T_o - 1) \div F \text{ equals } (94.68/85.45 - 1) \div \underline{1010} = 109.10$$

$$P = (F(T_x)/T_o) - F \text{ equals } (\underline{1010}(94.68)/85.45) - \underline{1010} = 109.0$$

6.4. Glossary

ACA	Alpine Canada Alpin
SKINB	Ski New Brunswick
CHI	FIS Children (Kinder) U16 U14
DC	number of Direction Changes
FIS	International Ski & Snowboard Federation
ICR	International Competition Rules
NG	Number of Gates
PCR	Provincial Competition Rules
VD	Vertical Drop

6.5. PAR FINALS BRACKET 8

QUARTER FINALS	SEMI FINALS	FINALS	RANK
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Small Final



6.6. PAR FINALS BRACKET 16



6.7. PAR FINALS BRACKET 32



6.8. EQUIPMENT CHART

EVENT		FIS	U16	U14	U12	U10
Jacket						 In ALL SKINB Races
Pants						 In ALL SKINB Races
Shorts						
Race Suit						
Cut Resistant Base Layer						
Helmet						
SL Helmet Soft eared		SL ONLY	SL ONLY	SL ONLY		
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
Arm Guards						
Mouth Guard						
Back Protector						



mandatory



Permitted (may be event specific)



Recommended



not permitted

6.9. TECHNICAL DATA & COURSE SETTING

603.7.3.1-NB 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 - 8m
	Delay	12 - 18m	12 - 15m	12 - 15m	13m max.	11m max.
	Combinations	1 - 3 delay	1 - 3 delay	1 - 2 delay ¹	0 - 1 delay	0 - 1 delay
		3 hairpin min	3 - 6 hairpin	2 - 4 hairpin	1 - 3 hairpin	0 - 2 hairpin
		1 - 3 flush 3 or 4-gate	1 - 3 flush 3 or 4-gate	1 - 2 flush 3-gate only	0 - 1 flush 3-gate only	0 - 1 flush 3-gate only
	Poles	25 - 32mm 72" OTS	Type B 25 - 27mm	25 - 27mm 60" OTS	25 - 27mm 60" OTS	25 - 27mm 60" OTS 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	10-23m	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					25 - 27mm 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