



SL/GS Course Setting Specifications

NJISAA (Jan '16, V1.0)

"SL":

.75m/1m: Min/Max distance between SL gates

6m/13m: Min/Max between SL turning poles

4m/6m: Min/Max distance for SL gate width

1/3: Min/Max SL flushes (3-4 gates)

1/3: Min/Max Hairpin combo's (2 gates)

1/3: Min/Max nbr of Delay Turns

12m/18m: Min/Max distance between delay & turning gates

30-50: Min/Max nbr of Direction Change gates
(Total nbr of DC gates based upon additive distances of combinations, delays & open gates)

"GS":

10m: Min distance between successive GS gates

4m/8m: Min/Max GS gate width

35m: Max turning pole to turning pole of a delay
(No Min/Max nbr of Delays specified)

15m/27m: Min/Max open gate distances

(Total nbr of DC gates based upon additive distances of delays & open gates)

All courses set for ability of 1st 30 racers

Max GS Vertical Drop (VD): 350m (M&W)

Max SL Vertical Drop (VD): 160m (M&W)

Start-Gate: Non-homologated unit permitted

Single Pole Outside Gate Pole Requirement:

GS: Outside gate for 1st, last & delay gates

SL: Outside gate for 1st, last, delay & vertical combination gates

'Average' Course Specifications:

GS: a) 18-25m down fall-line,

b) 4-8m across hill (~18-25m diagonal)

SL: a) 9-11m down fall-line,

b) 2-4m across hill (~9-12m diagonal)

If hill is steeper or racer ability lower, 'a' decreases and/or 'b' increases. If hill is flatter or racer ability higher, 'a' increases and/or 'b' decrease.

Start Cadence:

SL: Irregular intervals (min 30 secs)
"Ready", "Go", 10 sec window

GS: Regular intervals (std 60 secs; min 30 secs); "10 secs", "5,4,3,2,1", "Go"

1: Min nbr of SL/GS runs req'd for a race

Pole Diameters ('should' use):

For: Men & Women, SL & GS:

FIS Type B poles (25-28.9mm): Min/Max
[27mm diameter pole preferred]

Pole Length above Snow:

1.8m (~6'): Uniform height [GS & SL]

Panel Bottom Height (off snow): 1m (~3'3")

Helmets: No camera mounts permitted

GS: Hard-ear cover; SL: Soft-ear cover