

NJISRA Alpine Course Setting Guidelines & Start Cadence Basics

(14 Oct 2015)

Legal Distances & Nbrs: (all distances are in meters)

Slalom(SL)- 800

Nbr of Vertical Combinations:	1-3 (min/max)
Nbr of gates per Vertical Combination:	3-4 (min/max)
Nbr of Delays:	1-3 (min/max)
Nbr of Hairpins:	1-3 (min/max)
Combination gate width:	4-6m (min/max)
Open gate distances:	6-13m (min/max)
Delay max:	12-18m (min/max)
Distance from turning pole to top of a delay:	6m (min)
Distance between combinations gates:	0.75-1m (min/max)
Total distance on both sides of a delay gate to the nearest turning poles	12-18m: (min/max)
Total nbr of DC (direction change) gates:	30-50 (min/max)
Nbr of DC (Direction Changes) gates:	Based upon additive distances of combinations, delays, & open gates given above specifications

Giant Slalom (GS)- 900

Nbr of Delays:	No min/max specified
Gate width:	4.5-8 m (min/max)
Open gate distances:	15-27 m (min/max)
Distance from turning pole to top of a delay:	35 m (max)
Distance between open gates:	10 m (min)
Nbr of DC (Direction Changes) gates:	Based upon additive distances of, delays & open gates given above specifications

Dual Slalom (DSL)- 1300

Nbr of Delays:	No Delays allowed
Nbr of Vertical Combinations:	No Vertical Combinations allowed
Nbr of Hairpins:	No Hairpins allowed
Gate width:	Always single gate
Open gate distances:	10-13 m (min/max) (consistent distance set)
Separation between 'Red' & 'Blue' courses:	6-8 m (min/max) (consistent distance set)
Distance from last gate to Finish-Line:	13 m (min)
Nbr of DC (Direction Changes) gates:	Based upon additive distances of, open gates given above specifications; (not to exceed 30)

(Measurement aid: a 200cm ski is 2 meters long)

Single Pole SL Gate Rules:

- A single pole SL course uses outside poles on:
 - 1st & last gates
 - delay gates
 - combination gates (hairpins, flushes)

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Single Pole GS Gate Rules:

- A single pole GS course uses outside poles on:
 - 1st & last gates
 - delay gates

Start Cadence:

- **GS Start:**
 - Regular intervals (std 60 secs; min 30 secs)
 - "10" sec warning
 - Start period is 10 sec after "5"
 - "5, 4, 3, 2, 1" - "Go" - "1, 2, 3, 4, 5"
 - DSQ'ed after 10 sec start window
- **SL Start:**
 - Irregular intervals (min 30 secs)
 - "Ready", "Go", followed by a 10 sec start window
 - DSQ'ed after 10 sec start window