



2022-23 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. 100 m	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. 200 m	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		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 12-20 m		SL 6-10 m, GS 12-20 m	
	Maximum vertical drop	150 m	180 m		200 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 exceptional cases, which must be documented in the jury minutes, a controlled free-ski run may be authorized in lieu of an official training run. 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.