



# **Saskatchewan Alpine Ski Association**

**2024-2025**

**Provincial**

**Competition Rules &**

**Policies**

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# 1.0 Provincial Equipment & Course Setting Rules

## 1.1 Helmets

Ski helmets specific to alpine skiing are mandatory for all athletes. Coaches, officials, and volunteers are strongly encouraged to wear a ski specific helmet anytime they are clicked into their skis.

U14 and older athletes' helmets are required to conform to the FIS helmet rules as outlined in *Section 5: Crash Helmets* of the *FIS Specifications for Competition Equipment Specifications for Alpine Competition Equipment July 2019.pdf (fis-ski.com)* Ski specific, FIS conformed helmets (label "RH2013") MUST be used for GS/SG/DH events, no exception.

U12 and under athletes are required to use a ski specific helmet. Using a helmet that meets FIS standards is strongly recommended.

Refer to the FIS website [FIS | Alpine Skiing Hub \(fis-ski.com\)](https://www.fis-ski.com) for further detail in relation to the FIS helmet rules and regulations for the current season.

## 1.2 Slalom Face Protection (SL/AC)

Face Protection in the form of a chin guard or mouth guard is mandatory and is required to be worn by all athletes registered with the Saskatchewan Alpine Ski Association or any athlete participating in a Saskatchewan Alpine sanctioned tall pole SL race/event (excluding paneled SL events) and the SL portion of an AC event. Clubs hosting SL events are required to publish these standards on all race notices. Athletes not adhering to the above rule will be categorized as Not Permitted to Start NPS

## 1.3 Back Protection (GS/SG/DH/SX)

Back protection in the form of a back protector is mandatory and is required to be worn by all Saskatchewan Alpine Ski Association registered racers, or any athlete participating in a Saskatchewan Alpine, Alberta Alpine, BC Alpine or Alpine Canada sanctioned event aged U14 and older when competing in SX, GS, and SG Events. A back protector is strongly recommended for U12 and younger racers that race GS. Clubs hosting GS/SG/SX events are required to publish these standards on all race notices. Athletes not adhering to the above rule will be categorized as Not Permitted to Start NPS

## 1.4 Speed Suits

Speed suits are permitted at all events but are not required for NGSL or Sask Cup events.

## 1.5 ACA Competition Equipment Specifications NON-FIS

As per the FIS 2023-2024 specifications for competition equipment and commercial markings the following applies:

	U14	U16 & U18*	Masters
1.2.1.1 SKI LENGTH			
SKI LENGTH MEASUREMENT TOLERANCE OF +/- 1CM			
SG Ladies		183 min	180 min***
SG Men		183 min	185 min***
SL Ladies	130 min	130 min	
SL Men	130 min	130 min	

GS Ladies	188 max	188 max	175 min
GS Men	188 max	188 max	180 min
*** GS skis permitted. Minimum ski length for SG skis is compulsory			
<b>1.2.1.3 RADIUS (MINIMUM)</b>			
SG Ladies		30 min	
SG Men		30 min	
GS Ladies	17 min	17 min	
GS Men	17 min	17 min	
<b>1.2.1.2.1 PROFILE WIDTH UNDER BINDING (mm)</b>			
	SG 65 max	65 max	
	GS 65 max	65 max	
<b>2.1.2 MAX STANDING HEIGHT (SKI/PLATES/BINDING) (mm)</b>			
	50 max	50 max	

\*\*U18 Equipment standards at PTSO discretion.

## 1.6 FIS Equipment Rules

All CAN registered athletes competing in FIS events for the 2023-2024 season must compete with equipment that respects FIS rules. This includes International Children Races (CHI). For further details pertaining to FIS equipment rules refer to the following link: [https://assets.fis-ski.com/image/upload/v1658092621/fis-prod/assets/Specifications\\_for\\_Alpine\\_Competition\\_Equipment\\_09.07.2022.pdf](https://assets.fis-ski.com/image/upload/v1658092621/fis-prod/assets/Specifications_for_Alpine_Competition_Equipment_09.07.2022.pdf)

## 1.7 Fluorinated Ski Wax Prohibition

The use of fluorinated wax or tuning products containing C8/PFOA and or fluoride are prohibited for all competitions and all ages sanctioned by Saskatchewan Alpine Ski Association.

## 1.8 Course Setting Guidelines

### Sask. Cup Series (SCS) Races

All coaches must be DL trained and a Level 2 official to set and or referee at SCS races. Coaches must have completed their speed module to be eligible to set or referee at SG races.

### NGSL Series Races

All coaches must be in the least EL Certified and a level 1 official to set or referee at any non-SCS race. Coaches setting for the first time should be mentored by a more senior coach. Age Class Working Group (ACWG) coaches are available to assist junior level coaches, when a mentor coach is required/needed.

### 1.8.1 U10 Setting Guidelines

	Slalom (SL)	Giant Slalom (GS)	Kinder Combi
Competition	25-30 direction changes	25 direction changes Maximum	25 direction changes Maximum
Vertical Distance	7-10 meters	14-18 meters	7-18 meters
Distance between Gates	7-9 meters		
Combinations or Delay Gates	None	None	None

### 1.8.2 U12 Setting Guidelines

	Slalom (SL)	Giant Slalom (GS)
Competition	Recommend 25-35 +/- 5 direction changes	25-35 direction changes +/- 2
Vertical Distance	Maximum 9 meters	Maximum 20 meters
Distance between Gates	7-9 meters	15-18 meters
Combinations or Delay Gates	One delay optional (11-14 meters)  Typical distance in vertical combinations 4-5 meters (max. 5.5m)	One to two delays optional  Minimum 8 meter delay Maximum 24 meter delay
Other specifications	Races runs should vary from stubbies, panels, and gates when sanctioned by SASA (a progression through the season from stubbies early season	Set rhythm changes requiring different turn shape but nothing tactically challenging

### 1.8.3 U14 Setting Guidelines

	Slalom (SL)	Giant Slalom (GS)	Super G (SG)
Competition	100-160m vertical drop  Recommend 32-38% +/- 3 direction changes	200-350m vertical drop.  Recommend 13-18% +/- 2 direction changes	250-450m vertical drop  Recommended 8-12% direction changes
Maximum Vertical Distance	10 meters	24 meters	40 meters
Distance between Gates	7 – 9 meters	18-22 meters	30-40 meters
Combinations or Delay Gates	2-4 hairpins, 1-2 flushes (3 gates), 1-2 delays (12-15m Max)	1-3 delays, Minimum 9m in delay, Max 30m	Minimum distance in a delay 15m, Max 45m
Other Specification	Set rhythm changes requiring different turn shape but nothing tactically challenging  Typical distance in vertical combinations 4-5.5m  No reverse (into) harpins	Set rhythm changes requiring different turn shape but nothing tactically challenging	Main objective is to set a course that flows well using natural terrain features and controls the athletes speed creating an environment that inspires confidence. Avoid abrupt turns.  If a small jump is in play or athletes are suspected to catch air, set in a manner that gives the athletes plenty of time to get into an athletic ready position and set so the skis are unloaded and headed straight off the jump/bump with plenty of time and space to land prior to engaging the new edge.  Outside gates are not required but recommended.



### 1.8.4 U16 Setting Guidelines

	Slalom (SL)	Giant Slalom (GS)	Super G (SG)
Competition	100-160m vertical drop  Recommend 32-38% +/- 3 direction changes	200-350m vertical drop.  Recommend 13-18% +/- 2 direction changes	250-450m vertical drop  Recommended 8-12% direction changes
Maximum Vertical Distance	11 meters	27 meters	
Distance between Gates	7.5 – 10 meters	21-25 meters	35-50 meters
Combinations or Delay Gates	3-6 hairpins, 1-3 flushes (3-4 gates), 1-3 delays (12-15m Max)	1-3 delays, Minimum 10m in delay, Max 35m	Minimum distance in a delay 15m
Other Specification	Typical distance in vertical combinations 4.5-5.5m, 6m Max  Set rhythm changes requiring different turn shape and tactics	Set rhythm changes requiring different turn shape and tactics	Main objective is to set a course that flows well using natural terrain features and controls the athletes speed creating an environment that inspires confidence. Avoid abrupt turns.  If racing on a suitable track with a properly built jump, setting over jumps is encouraged. If setting over a jump you should allow the athletes enough time to get into a balanced ready position and take off with an unloaded ski. Outside gates should be set when possible but are not required for SASA PRS SG. Any ACA SG I.e. Westerns/nationals require outside gates.

### 1.8.5 Regional Setting Guidelines

Regional races should be set to the U16 SCS setting guidelines above. Modifications due to different venue aspects and limitations are permitted.

## 1.9 Setting Quick Reference Sheet

Age	DISCIPLINES	KOMBI	DUAL	SLALOM	GIANT SLALOM	SUPER-G
U10	<b>NUMBER OF TURNS</b> <b>GATE DISTANCE</b> <b>TYPE OF GATE</b> <b>TURN SHAPE</b> <b>COMBINATIONS</b> <b>NUMBER OF RUNS</b> <b>INSPECTION</b> <b>SNOWSTARS</b>	25 Max Vertical Distance 7-18M Panelled Gate 1/2 to full No Combos or delays, 4 sections multiple single run races Slip through only, no stopping 2,3,4	SL 25-30 SL 7-10M Panelled Gate 1/2 - 3/4 none multiple Slip through only, no stopping 2,3,4	GG 25 Max GS 14-15M Panelled Gate 1/2 to full no combos or delays multiple single run races Slip through only, no stopping 2,3,4	Recommended 25-30 direction changes 7-10M Panelled Gate 1/2 to full No delay gates multiple single run races Slip Through only, no stopping 2,3,4	25 MAX 14-15M Panelled Gates 3/4 to full No delay gates multiple single run races Slip Through only, no stopping 2,3,4
U12	<b>NUMBER OF TURNS</b> <b>GATE DISTANCE</b> <b>DELAY DISTANCE</b> <b>TYPE OF GATE</b> <b>TURN SHAPE</b> <b>COMBINATIONS</b> <b>NUMBER OF RUNS</b> <b>INSPECTION</b> <b>SNOWSTARS</b> <b>SAFETY</b>		SL 20-30 SL 6-10M none Panelled Gates Gates: 25-27 MM 1/2 - 3/4 none multiple with timing Slip through only, no stopping 4, 5, 6 Head, Mouth*, Spine*	GG 20-25 GG 15-18M none Panelled Gates Gates: 25-27 MM 1/2 - 3/4 none multi single run races Slip through only, no stopping 4,5,6 Head, Mouth*, Spine*	25-35 Vert 6-9M, Comb 4-5.5M 1 delay optional, 11-14M Stubbies, Panels, & 60°OTS gates 1/2 to Full "No outside gates on combinations" 1-2 Haltpin, 1 flush (3 gates) multi single run races Slip through only, no stopping 4,5,6 Head, Mouth*, Spine*	25-35 15-18M MAX Min 8m in delay, MAX 24m Panelled Gates Gates: 25-27 MM 3/4 to Full 1-2 delays optional multi single run races Traditional 4,5,6 Head, Mouth*, Spine*
U14	<b>VERTICAL</b> <b>NUMBER OF TURNS</b> <b>GATE DISTANCE</b> <b>DELAY DISTANCE</b> <b>TYPE OF GATE</b> <b>TURN SHAPE</b> <b>COMBINATIONS</b> <b>NUMBER OF RUNS</b> <b>SNOWSTARS</b> <b>SAFETY</b>		80M-100M 20-30 SL 9-12M none Panelled Gate 1/2 - 3/4 none multiple with timing 5, 6, 7 Head, Mouth*, Spine*	100M-160M * 32%- 38% +/- 3 of vertical drop * Vert 7-10M, Comb 4-5.5M Delay 12-15M max Single Pole SL 27mm gates All Types 2-4 Haltpin, 1-2 flush (3 gates), 1 Delay Multi Single Run Races 5, 6, 7 Head, Mouth*, Spine*	200M-350M * 12%-18% of vertical drop * 18-24M, min 9M in delay, MAX 30M Panelled Gates 27mm gates 3/4 to full Max 3 Delays Multi Single Run Races 5, 6, 7 Head, Mouth*, Spine*	250M-450M * 8%-12% of vertical drop * 30-40M min 15m in delay Max 45 Panelled Gates 27mm gates Control Speed Delays Permitted Multi Single Run Races 5, 6, 7 Head, Mouth*, Spine*
U16	<b>VERTICAL</b> <b>NUMBER OF TURNS</b> <b>GATE DISTANCE</b> <b>DELAY DISTANCE</b> <b>TYPE OF GATE</b> <b>TURN SHAPE</b> <b>COMBINATIONS</b> <b>NUMBER OF RUNS</b> <b>SAFETY</b>		90M-100M SL 20-30 10-13M none Panelled Gate SL 3/4 none multiple with timing or Knockout Head, Mouth*, Spine*	100M -160M 32%- 38% +/- 3 of vertical drop +/- 3 Direction changes Vert 6-11M, Comb 4.5-6M, Delay 12-15M max 27mm gates All Types 3-5 Haltpin, 1-3 Flush (3-4 gates), 1-3 Delay Traditional Head, Mouth*, Spine*	200M-350M 13%-18% of vertical drop +/- 2 direction changes 27M MAX, min 10m in delay Max 35m Panelled Gates 27mm gates All Types 1-3 Delays (optional) Traditional Head, Mouth*, Spine*	250M-450M 8%-12% of vertical drop 35M-50M min 15m in delay Panelled Gates 27mm gates Control Speed Delays Permitted Multi Single Run Races Head, Mouth*, Spine*
* Recommendation *						
ALL ATHLETES U14 AND OLDER MUST HAVE FIS STICKERED HELMET FOR GS/SG/DH/SX IN ALL AASA SERIES						
SL/GS KINDER KOMBI will be skied on SL skis in AASA sanctioned races						
GS/SG KINDER KOMBO will be skied on G5 skis in AASA Sanctioned races						
NGSL Inspection is ski through only. There is no stopping on track during inspection! This applies to all events. U12 Dual AND SL no stopping slip through only						
All technical event courses (SL, GS, KC, PSJ) will be set to single gate standards as per ICR ( First gate, Last Gate, Delayed Gate, Vertical combos) unless otherwise stated by AASA						

## 2.0 Provincial Environmental Rules

### 2.1 Cold Weather Policy

To ensure the safety of all participants, coaches, and volunteers there is a hard limit on cold exposure. The below limits per age group apply if the temperature on the “feels like” scale is predicted to be colder than the stated temperature at noon at the middle of the race run, the race will be deemed to be too cold to host. Forecasts will be reviewed by the ROC the week prior to the event and all efforts will be attempted to make this call within the 5 days prior to the event to reduce travel costs. As forecast models are never 100% accurate day of (morning of competition) calls will still apply for this policy.

**U12-U19 (Sask Cup) -30C**

**U12 & Younger (NGSL) -25C**

If an event is postponed under this policy all efforts will be made to reschedule the event at the same venue at a later date.

## 3.0 Event Planning Guidelines

The following information is to provide operating guidelines for clubs running Saskatchewan Alpine sanctioned events. The purpose of these guidelines is to ensure all events are operated to provincial standards with consistent timelines, budgeting and race quality.

### 3.1 Officials Requirement

- 3.1.1 All chiefs involved in a Race Organizing Committee (ROC) should have completed a minimum of Level II Officials Training.
- 3.1.2 ROCs may appoint a chief of medical to oversee any incidents, however all ROCs must work with their venue and follow the safety protocols established by those resorts and ski patrol.
- 3.1.3 Clubs should be proactive in training and mentoring their members through the Race Officials Training Program. All volunteers working “inside the fences” must hold at least their Level 1 officials’ certification and must be General Members of Saskatchewan Alpine.

### 3.2 Race Notice

- 3.2.1 The draft race notice must be submitted to Saskatchewan Alpine (as a Word Document) six weeks prior to the race
- 3.2.2 The race notice must be posted on the Saskatchewan Alpine website upon approval of the race notice and budget.

### 3.3 Budget Guidelines

- 3.3.1 The budget for entry fees are developed with the goal of covering all direct expenses and overheads and may include a small residual for the club. Sponsorship revenue in cash or value in kind generated by the club is-not included in this calculation and may be used to increase the club’s benefit from the race.
- 3.3.2 It is recognized that ROC costs vary widely depending on the type of event, ski area charges, safety requirements, and other factors. Race entry fees may vary from event to event.
- 3.3.3 FIS calendaring fees for each calendared codex are forwarded to the host club for payment. This is done upon the delivery of this invoice from Alpine Canada and FIS.
- 3.3.4 The Saskatchewan Alpine’s race entry levy is applied to the 2024-25 season
- 3.3.5 Maximum entry fees for each age group are as follows:
  - NGSL \$40/day.
  - Sask Cup Series \$50/day.
  - SX \$50/day.

- 3.3.6 Fees do not include the costs of lift tickets, food or extras.
- 3.3.7 Official training days (WSX) must have a fee equal to that of the SX race day fees.
- 3.3.8 The Financial Consumer Agency of Canada guidelines [Guidelines: Financial Consumer Agency of Canada - Canada.ca](#) must be followed when processing MasterCard, American Express, and Visa merchant rules

### 3.4 Awards

- 3.4.1 The Saskatchewan Alpine awards for all provincial race series are as follows:
  - Sask Cup Series (U12/U14/U16/U19) – Top 5
  - FIS (U19 & U21) – Top 3 (min of 5 competitors)
  - WSKI Cross (U14/U16/Open) – Top 5
  - NGSL awards per the race notice – Top 10
- 3.4.2 Unless secured through sponsorship, the distribution of athlete gifts such as T-shirts and similar items should not be done.
- 3.4.3 ROC's are encouraged to apply the resources formerly used for athlete gifts toward reduced entry fees and increased volunteer recognition or social opportunities.
- 3.4.4 When three or more FIS athletes participate in a Sask Cup Series event, the first to third places are awarded in a FIS Category.

### 3.5 Awards Ceremony

- 3.5.1 NGSL, U12, U14, U16 athletes are not permitted to bring skis or ski equipment onto the podium at SASA sanctioned events
- 3.5.2 ROCs are to make all efforts to streamline the awards process and run awards as quickly as possible following completion of the race. At SASA sanctioned races, ROC's are encouraged to begin awards following the closing of the protest period using unofficial results.
- 3.5.3 To avoid possible sanction ROC's must hold award ceremonies that are less than an hour long.

### 3.6 Race Volunteer Commitments

- 3.6.1 Host clubs are encouraged to utilize as many volunteers as possible from their own club to run their event.
- 3.6.2 When volunteer/officials are required from other clubs, recruitment procedures should be detailed on the race notice. A mandatory volunteer list or quota from each club is not allowed.

### 3.7 Race Supply Trailer

- 3.7.1 The race supply trailer shall include bibs, gate panels, sponsor materials (if applicable), timing systems, course crew supplies, & awards (if applicable).
- 3.7.2 The race administrators should contact Member Services, Saskatchewan Alpine at least four weeks prior to the event to arrange pick up of the race supply trailer. event's host club carries the responsibility to pick up and return the race supply trailer to Saskatchewan Alpine or to the next series event's host club.
- 3.7.3 Bibs must be sorted in order prior to return and must not be altered with duct tape, magic marker, or by any other means.

3.7.4 Missing or damaged gate panels, bibs, banners, etc. should be noted when the equipment is returned. Some wear and tear is normal and ROC's will not be charged for this. For example: a torn GS panels or a missing bib that had to be cut off an injured athlete will not incur charges, but 10 missing gate panels will. Saskatchewan Alpine must be notified of any missing bibs PRIOR to passing the race trailer onto the next event.

### 3.8 Team Captains Meeting (TCM)

3.8.1 The team captains meeting should be scheduled for the evening prior to or the morning of the event to allow out of town coaches to attend the meeting.

3.8.2 The team captains meeting can be virtual and must be defined on the Race notice.

### 3.9 Race Results

3.9.1 Race results must be emailed to Saskatchewan Alpine within an hour of completing the race to the following email addresses: [sask.ski@sasktel.net](mailto:sask.ski@sasktel.net) and [programdirector@saskalpine.com](mailto:programdirector@saskalpine.com)

3.9.2 Race results must also be uploaded to the Alpine Points site and the FIS website (if applicable) within one hour of the completion of the race.

### 3.10 Sponsorship Execution

3.10.1 A representative of the ROC must be in communication with the Saskatchewan Alpine office at least 2 weeks prior to the event to plan for the pick-up of sponsor materials and to discuss the specifics of sponsor fulfillment requirement.

3.10.2 Transportation and setup of all sponsor materials is the responsibility of the host club.

3.10.3 All sponsor materials must be conveyed to the next host club in the series within 2 days following the race. At the end of the season, following the series finals, all materials must be returned to the SASA office within 2 days arranged by the club who hosts the final race series.

3.10.4 All ROC's should be in communication with the host resort to ensure SASA series sponsor materials can be placed within the race arena and awards area. Placement of series sponsor materials represents a vital aspect of sponsorship activation that is essential to SASA maintaining sponsors to minimize the cost of competition within Saskatchewan.

### 3.11 Gate Keeping

3.11.1 ROCs at SASA Sanctioned Sask Cup series GS races are not required to provide gate keepers. In lieu of gate keepers, jury members and coaches are required to fulfill gate keeping duties. In the event of the jury not having complete sight lines of the course, the ROC/ jury may choose to appoint officials to ensure all gates are supervised. ROCS are encouraged to redirect human resources into course maintenance positions, or to reduce volunteer costs ultimately benefiting athletes.

## 4.0 **Race Entries**

### 4.1 Race Entry Deadline

4.1.1 The deadline for race entries is 7 days prior to the 1<sup>st</sup> day of competition at 1800hrs, for non-FIS events. FIS rules apply for FIS events

4.1.2 Minor Changes to the entry due to individual athlete illness, injury, or similar circumstances are permitted prior to the draw.

4.1.3 Late entries may be accepted at the discretion of the ROC.

## 4.2 Out of Province

4.2.1 Athlete race entries for non-FIS event hosted/held out of the province must be approved by Saskatchewan Alpine prior to the entry deadline and must be submitted by the PTSO.

4.2.2 SASA will prioritize every Saskatchewan Alpine Ski Association athlete first.

## 4.3 NGSL Race

4.3.1 Entries will open at a minimum 21 days prior to the event.

4.3.2 The Roc will notify clubs of their entry status no later than 7 days prior to the team captains meeting.

4.3.3 All NGSL entries will be prioritized for entry as follows:

1. Host Club U10 and under
2. Visiting Clubs u10 and under
3. Host Club U12
4. Visiting Clubs U12

## 4.4 Out of Category

4.4.1 All out of category athletes must submit an entry with a corresponding out of category approval letter. Refer to 8.0 out of category competition for further details.

## 4.5 Race Entry Refunds

4.5.1 If a Saskatchewan Alpine Ski Association sanctioned race is canceled, the ROC is expected to refund all race entry fees less any acceptable fixed costs incurred by the host club.

4.5.2 ROC's must process refunds within 30 days of the completion of the event

# 5.0 Start Positions

## 5.1 FIS

FIS races are seeded using FIS points as per the FIS ICR rules.

## 5.2 U14/U16/U19 Sask Cup Series

Athletes are seeded by the rotational cohort method.

### 5.2.1 First Run

A seeding list is created by the most recent national points list in the discipline, any 999 athletes will be randomized at the end of the list.

The seeding list is split into 3 even groups and defined as follows:

- Group A: first 1/3 of the ranking list,
- Group B: second 1/3 of the ranking list,
- Group C: last 1/3 of the ranking list.

If the athlete field size is not divisible by 3, the first extra spot will be allocated to

group C, and if necessary the second spot will be allocated to group B.

In the case of a tie at the location where the groups would be split all the tied athletes will be placed in the higher group.

Example:

- i. 10 athletes would have 3 racers in Group A and Group B, and 4 racers in Group C.
- ii. 11 athletes would have 3 racers in Group A, 4 in Group B and 4 in Group C

Each group will be randomized within the group.

Each group will be placed into their seed per race as defined below:

U14+ First Run Seeding Chart				
Date	Discipline	Seed 1 First 1/3 of field	Seed 2 Middle 1/3 of field	Seed 3 last 1/3 of Field
27-Jan	SL 1	Group C	Group B	Group A
28-Jan	SL 2	Group A	Group C	Group B
22-Feb	GS 1	Group B	Group A	Group C
23-Feb	GS 2	Group B	Group A	Group C
8-Mar	SL 1	Group A	Group C	Group B
9-Mar	SL 2	Group C	Group B	Group A

### 5.2.2 Second run if applicable

The entire field is run in reverse order of the first run results. DNF/DQ's are run after the full field and should be allowed to take their second run.

### 5.3 U12 Sask Cup Series

Races are seeded in random order for the first run and subsequent races on the same day are butterflyed.

Example: 80 athletes

1<sup>st</sup> run bibs 1-80 random draw

2<sup>nd</sup> run 41-80, 1-40 (bib 41 starts 1<sup>st</sup> bib 1 would start 41<sup>st</sup>)

3<sup>rd</sup> run 80-1 (reverse of run 1)

4<sup>th</sup> run 40-1 80-41 (bib 40 starts first bib 80 would start 41<sup>st</sup>)

### 5.4 NGSL

Races are seeded by age category, which is then determined by random draw.

Example: (Both genders mixed together)

1<sup>st</sup> run – In this order: U6, U8, U10, U12 (random draw in each age category)

2<sup>nd</sup> run – In this order: U6, U8, U10, U12 (in reverse order of 1<sup>st</sup> run, if the U6's were bibs 1-20, they will run 20-1 for the second run and so on)



## 5.5 Para Alpine

Specific seeding rules apply for Para-Alpine athletes. ROC's should contact Saskatchewan Alpine and CADS for details.

## 5.6 U19/FIS athletes at Sask Cup Series races

5.6.1 U19/FIS athletes eligible to race at a Sask Cup Series event are seeded by their national points at the end of the field for the first run. They are seeded in the reverse of their first run finish order after the U19 athletes for the second run.

# 6.0 Series Points and World Cup Scoring Scale

## 6.1 SASK CUP

6.1.1 Series points are awarded to the top 5 finishers in each Saskatchewan Sask Cup Series race per 6.6

6.1.2 The overall male and female will be awarded the Sask Cup series award.

6.1.3 The series winner is awarded and is defined by the culmination of the most points at the end of the series.

## 6.2 U19 Sask Cup Series Awards

6.2.1 The top 3 ranked athletes at the end of the series are awarded.

6.2.2 Series points are awarded to the top 5 finishers in each U19 Sask. Cup series race per 6.6

6.2.3 FIS racers participating in the U19 SCS races are not eligible for series points

## 6.3 U16 Sask Cup Series Awards

6.3.1 The top 3 ranked athletes at the end of the series are awarded.

6.3.2 Series points are awarded to the top 5 finishers in each U16 Sask. Cup Series race per 6.6

## 6.4 U14 Sask Cup Series Awards

6.4.1 The top 3 ranked athletes at the end of the series are awarded.

6.4.2 Series points are awarded to the top 5 finishers in each U14 Sask. Cup Series race per 6.6

## 6.5 U12 Sask Cup Series Awards

6.5.1 The top 3 ranked athletes at the end of the series are awarded.

6.5.2 Series points are awarded to the top 5 finishers in each U12 Sask. Cup Series race per 6.6

## 6.6 World Cup Scoring Scale

Saskatchewan Alpine uses the following World Cup Scoring (WC) scale to rank skiers competing in the Regional Series, U16, and the Sask Cup Series:



Finish Position	Series Points	Finish Position	Series Points
	Provincial / Zone		Provincial / Zone
1	100 / 50	16	15 / 7.5
2	80 / 40	17	14 / 7
3	60 / 30	18	13 / 6.5
4	50 / 25	19	12 / 6
5	45 / 22.5	20	11 / 5.5
6	40 / 20	21	10 / 5
7	36 / 18	22	9 / 4.5
8	32 / 16	23	8 / 4
9	29 / 14.5	24	7 / 3.5
10	26 / 13	25	6 / 3
11	24 / 12	26	5 / 2.5
12	22 / 11	27	4 / 2
13	20 / 10	28	3 / 1.5
14	18 / 9	29	2 / 1
15	16 / 8	30	1 / 1

In case of a tie both athletes will receive the points for that position and the points for the next position will be unassigned.

## 7.0 Limited Quota Competitions Selections and Entry Policy

This policy outlines process by which participation at events with limited quota are determined.

### 7.1 Saskatchewan Winter Games

Refer to the technical package for athlete eligibility and full details  
<https://Sasksport.ca/>

#### 7.1.1.1 District Teams

- Team Lakeland
- Team North
- Team Parkland Valley
- Team Prairie Central
- Team Regina
- Team Rivers West
- Team Saskatoon
- Team South East
- Team South West

7.1.1.2 Athletes living in Saskatchewan but not currently registered in one of the Sask Alpine clubs (i.e. out of province club) are placed in the “District Team” of their residence.

7.1.1.3 The qualification event is the first Sask Cup Race of the season of a games year.

7.1.1.4 Athletes must attend the qualification event for their district to be eligible.

7.1.1.5 Quota: 2 males and 2 females per district, per age category

7.1.1.6 Selection for districts will occur in the following order:

Criteria A

Fastest athlete per race for each district at the designated qualification event

Criteria B.

Second fastest athlete per race for each district at the designated qualification event.

7.1.1.7 Districts that do not fill their quota will have fills allocated from other districts per the technical package.

7.1.1.8 The Selection Committee consists of the:

- SASA Program director who acts as the chair of the committee and is responsible to cast the deciding vote should any matter require a vote resulting in a tie.
- Sask Apine/SASA President
- Head coach from each regional club

## 7.2 U12/NGSL

7.2.1 U12 SCS The U12 Sask Cup is an open series to all SASA U12 athletes.

7.2.2 The Sask NGSL race series is an open series to all U12 and NGSL athletes.

7.2.3 All Saskatchewan athletes (NGSL & U12) **MUST** be prioritized for entry over any out of province athlete as outlined above. Athletes from other PSO's may be approved to participate in Saskatchewan races, however, their participation cannot be at the expense of Saskatchewan athletes. The loss of an opportunity for even a single Saskatchewan athlete is not acceptable. If ROC's have capacity to run all Saskatchewan entries, and additional out of province athletes they may do so. All out of province entries must come from the home province PSO or NSO to Saskatchewan Alpine to be forwarded to the ROC.

## 7.3 U14

Large quotas will be used for regional events to allow for the maximum participation of U14 skiers. Race quality and venue capacity will be the determining factors in these quotas.

Smaller quotas are used for national and international events. Minimum performance standards for selection to these events are used to create a selection pool for each event.

### 7.3.1 U16 Finals

Second year U14's are allowed to compete in the SL and GS at the Alberta Series U16 finals

7.3.2 Other U14 projects may be offered by Saskatchewan Alpine or ACA. As these events are planned the selection procedure is communicated as early as possible.

7.3.3 When a Sask Cup Series race is scheduled athletes' entries to other U14 events on the same days outside of the province are not allowed. Athletes that wish to race out of province require approval from their head coach and the Saskatchewan Alpine Program Director.

## 7.4 U16

Provincial and regional events will utilize large quotas to maximize participation of U16 skiers. Race quality and venue capacity will be the determining factors in these quotas. Inter provincial and national events will use smaller quotas. Minimum performance standards for selection to these events will be used to create a selection pool for each event.

### 7.4.1 **U16 Westerns (Lake Louise & Mt Norquay MAR 2024)**

Available to all U16 Provincial athletes

### 7.4.2 **U16 Whistler Cup Team Saskatchewan (Whistler, BC)**

Saskatchewan Alpine quota provides for a team of 6 athletes (3 men & 3 women). Selection to Team Saskatchewan will occur in the following order:

1. Race winners from the U16 SCS series prior to March 1st
2. If there is a tie in number of races won the athlete with the next highest finish result will be selected, if the second result is a tie it will go to the third result and so on.

7.4.3 Saskatchewan Alpine or ACA may offer other U16 projects. The selection procedure for these events is communicated as early as possible during the planning phase.

7.4.4 When a Sask Cup Series race is scheduled, athletes' entries to other U16 or U16 events on the same days outside of the province are not allowed. Athletes that wish to race out of the province require approval from their head coach and the Saskatchewan Alpine Program Director.

7.4.5 The Selection is made by the SASA Program director and a selection committee. The Program director chairs the committee and casts the deciding vote should any matter requiring a vote result in a tie.

## 8.0 **Out of Category Competition**

To allow late developers to have a positive competitive experience, Saskatchewan Alpine has developed the following provision for athletes wishing to race in a younger age category. It also outlines the provisions for the advancement of an exceptional athlete to U16 a year prior to regular eligibility. This provision is intended to allow members to compete at a level that is consistent with their technical skills.

### 8.1 U12

8.1.1 Clubs may recommend that individual members compete for an extra year in U12/NGSL as a 12-year-old

- 8.1.2 Clubs who wish to have a 12-year-old athlete race U12 must make a written application to the Saskatchewan Alpine Program Director prior to the first race of the season. The application must be endorsed by the club head coach or alpine chair.
- 8.1.3 Applications is reviewed by the SASA Program Director and applicants who are approved will receive written authorization to race out of category. A copy of the authorization must be submitted to the Race Administration with the athlete's race entries.
- 8.1.4 Athletes must be registered through Saskatchewan Alpine Ski Association in their correct age category regardless of the level at which they compete.
- 8.1.5 12-year-old skiers who receive authorization to race U12/NGSL must race exclusively U12/NGSL events. However, any athlete achieving a podium result will be required to compete in the U14 category for the remainder of the season
- 8.1.6 12-year-old skiers who receive authorization to race U12/NGSL may switch to the U14 series at any time but once they have started a U14 series race they will not be permitted to race U12/NGSL for the remainder of the season

## 8.2 U14

- 8.2.1 Clubs may recommend that individual members compete for an extra year in U14 as a 14-year-old
- 8.2.2 Clubs who wish to have a 14-year-old athletes' race U14, must make a written application to the Saskatchewan Alpine Program Director prior to the first race of the season. The application must be endorsed by the club head coach or alpine chair.
- 8.2.3 Applications will be reviewed by the SASA Program Director and applicants who are approved will receive written authorization to race out of category. A copy of the authorization must be submitted to the Race Administration with the athlete's race entries.
- 8.2.4 Athletes must be registered through Saskatchewan Alpine Ski Association in their correct age category regardless of the level at which they compete.
- 8.2.5 The authorization for 14-year-old skiers to race U14 applies to only the Saskatchewan U14 Sask Cup Series. However, any athlete achieving a podium result will be required to compete in the U16 category for the remainder of the season.
- 8.2.6 At Alberta and British Columbia Series events, these athletes must race in the U16 category
- 8.2.7 14-year-old skiers who receive authorization to race U14 may switch to the U16 series at any time but once they have started a U16 series race they will not be permitted to race U14 for the remainder of the season

## 8.3 U19

- 8.3.1 Clubs who wish to have non-FIS U19 Athletes race the U16 provincial series must make written application to Saskatchewan Alpine prior to the first U16 race of the season. The application must be endorsed by the club head coach or alpine chair.
- 8.3.2 Applications will be reviewed by the SASA Program Director and applicants who are approved will receive written authorization to race out of category. A copy of the authorization must be submitted to the Race Administration with the athlete's race entries.
- 8.3.3 Athletes must be registered through Saskatchewan Alpine Ski Association in their correct age category regardless of the level at which they compete.
- 8.3.4 The authorization for U19 skiers to race U16 applies to the U16 Sask Cup Series.
  - 8.3.4.1 At Alberta and British Columbia events, these athletes must race in the U19 category
- 8.3.5 U19 skiers who receive authorization to race U16 may switch to FIS at any time but once they have started a FIS race they will not be permitted to race U16 for the remainder of the season
- 8.3.6 Out of category U19 Athletes are not eligible to collect U16 awards, U16 Sask Cup series points, or to qualify to U16 events such as U16 Canadian Championships, U16 Western Championships, Whistler Cup, etc.

## 8.4 FIS Athletes at Sask. Cup Series

To aid retention of U19/21 age skiers the following entry policy has been developed for U19/21 skiers entering Sask Cup series races. Saskatchewan Alpine recognizes that limiting costs is an important aspect in clubs retaining athletes, and that there is a direct relationship between increased travel and increased costs. This Policy aims to maintain the integrity of the Sask. Cup Series for athletes while providing increased access to meaningful, local, low-cost race options to Saskatchewan U19/21 athletes

- 8.4.1 FIS athletes must be a registered competitor with a member club of the SASA.
- 8.4.2 Any FIS Racer with less than 50 FIS points in a single discipline will not be eligible to start in the Sask Cup series.
- 8.4.3 FIS athletes are not eligible to collect Sask Cup Points.
- 8.4.4 Once a FIS athlete has competed in a FIS event, they are no longer eligible to compete in the Sask. Cup Series. However, a FIS category will be created if required.

## 8.5 Early Advancement

In the event an exceptional athlete is involved in our sport system, the following regulates the process to advance them forward to an older age group for competition.

- 8.5.1 Athletes will not be moved early from U10 to U12.
- 8.5.2 Athletes will not be moved early from U12 to U14.
- 8.5.3 Athletes will not be moved early from U16 to FIS.
- 8.5.4 Athletes may be moved early from U14 to U16 if approved through the below process.
  - 8.5.4.1 U14 athletes that wish to move to U16 early, as a 13-year-old must apply in

writing to the Saskatchewan Alpine Program director and provide the following information:

1. Written reference from the club head coach or program director outlining the need for this athlete to move forward to the U16 group. All competition
2. Results from the previous year must be included and show that the athlete is no longer benefiting from participation in a U14 program and competitive environment. Results should show that the athlete's abilities are beyond all of those that they would compete against in U14. A technical evaluation of the athlete's ability on and off snow must also be a part of this reference letter.
3. Detailed medical records from the athlete's physician that clearly shows that the athlete's growth and development is beyond the individual's peak height velocity and that they have reached a level of physical maturity that would allow them to adapt to the increased volume and intensity of training and competition in the U16 environment.
4. Written reference from the athlete's teacher or education provider outlining the cognitive maturity of the athlete. The athlete should display an above average ability in school and the maturity level to interact with an older age group.

8.5.4.2 All submitted information is confidential and would not be shared outside of the Program director and HPC.

8.5.4.3 Athletes that are approved will not be allowed to move back down to the U14 age group or be eligible for U14 specific events such as U14 Westerns. Other restrictions on entry into U16 events outside of Saskatchewan Alpine sanctioning may occur, pending that events organizing committee and/or governing body. The application process and decision will be expedited as soon as it is convenient for the Program director and HPC to meet and review.

## 9.0 Sanctions

### 9.1 Jury

At any Saskatchewan Alpine Ski Association Sanctioned Event the Jury can sanction an athlete, or a registered or accredited persons, including all SASA members, for breach of provincial rules, code of conduct, national rules, and/or FIS rules.

9.1.1 Sanctions will be decided by a vote of the Jury and the vote will be recorded in the jury minutes and the TD report. See article 624 of the ICR

9.1.1.1 The jury will take into consideration the age level when making a decision. For younger athletes U10, U12 and U14 a position of empathy with the goal of education should be assumed by jury members.

9.1.2 Sanctions will be communicated in a compassionate and understanding manner with the athlete and with the athletes Coach present.

9.1.3 The Team captain for the athlete can and should act as their representative during

jury meetings and decisions.

9.1.4 Jury sanctions can only include the following, unless the ICR provides for a specific penalty to be applied for a violation of the rules.

1. Requesting an apology either verbal or written. Verbal apologies can only be made to the people directly involved and should not include more than 10 people.
2. Penalized start position
3. loss of start privileges for the afternoon race, next day's race, or the rest of the race weekend.
4. For registered or accredited persons, including all SASA members removal of accreditation or venue access for the day or the series.

9.1.5 Any offense that the Jury feels is a major violation and requires larger penalties will be referred to the Saskatchewan Alpine Program Director and Safe Sport Committee for further sanctions from the Association.

## 9.2 Canada West Ski Association & Local Ski Hill Operators

Canada West Ski Areas Association and any Ski hill operator may sanction a participant for breach of the Participant Code of Conduct and/or any the following infractions (not limited to):

- Jumping off chair lifts at any point before or past the unload point
- Not putting the chairlift bar down
- Willfully swinging or bouncing chairs or other carriers
- Swearing and foul language
- Verbal or physical abuse of resort area staff
- Leaving the defined track on a T-bar or other surface lifts
- Disregard for other resort user's peaceful enjoyment of the facilities
- High speed skiing in slow zones

Sanctions of participant may consist of the following measures but are not limited to:

- Restricted from using the lift facilities, but will be free to hike to the start
- Restricted from the resort and facilities
- Disqualified from the competition
- Restricted from the resort hotel

## 9.3 Saskatchewan Alpine Ski Association

Saskatchewan Alpine reserves the right to sanction any athlete, coach, or member club for violations of provincial rules, code of conduct, association bylaws, national rules, and/or FIS rules but not limited to. Violations will be taken on a case-by-case basis and sanctions will be implemented based on the severity of the violation.

## 10.0 Drug Free Sport

Saskatchewan Alpine fully supports drug free sport and strives for a training and competition environment free from the influence of drugs and alcohol. The policies of F.I.S., the World Anti-Doping Agency (WADA), and the Canadian Centre for Ethics in Sport (CCES) and the Canadian Anti –Doping Program are fully supported by Saskatchewan Alpine ski association.

All members will abstain from participating in SASA sanctioned events while under the influence of alcohol, tobacco products, cannabis, illegal drugs, or prescription drugs when such prescription drugs might impact the member's performance and potentially

risk the health and safety of the member and other participants attending the SASA event; this includes within the competition area, spectating areas, awards ceremonies, and offices associated with SASA events. "under the influence" here is defined as zero consumption.

Some sanctioned special events may have alcohol consumption as part of the event (i.e., banquets, gala's, dinners etc.) in these instances consumption of alcohol by of age individuals is allowed only in designated areas if such are provided.

Competitors at the national and/or international level may be subject to, in or out of competition, testing for performance enhancing substances. Coaches and competitors are encouraged to consult the following web sites to familiarize themselves with the most current policies and procedures: Federation Internationale de Ski (FIS) [www.fis-ski.com](http://www.fis-ski.com) Canadian Centre for Ethics in Sport [www.cces.ca](http://www.cces.ca) World Anti-Doping Agency (WADA) [www.wada-ama.org/](http://www.wada-ama.org/) World Anti-Doping Agency (WADA) Prohibited List Published There are important changes made periodically to the WADA prohibited list. Athletes racing at the Nor Am Cup and Senior National Championship level should ensure that they review these updates, and we recommend all FIS athletes, coaches, and club administrators do so.

## 11.0 Age Series Philosophy

### 11.1 Masters Racing

Masters Racing provides an opportunity for adult skiers to enjoy technical improvement, physical fitness, and friendly competition through their life-long passion for skiing.

**Who:** Athletes aged 21 and older (as of December 31<sup>st</sup> of the current year)

**LTAD:** Skiing for Life

**Where:** Provincial/National/International

**Standards:**

- Competitors must be members in good standing with a Saskatchewan Alpine club and must have purchased a National Competitor Card Membership.
- Competitions must be sanctioned by Saskatchewan Alpine and Alpine Canada Alpin.
- Please consult the calendar page on this website for master's racing opportunities.



## 11.2 Sask Cup Series

The Sask Cup Series is a program intended to assist athletes in the transition from the Learn to Train stage of skill development to the Learn to Race stage. Another goal of the program is to provide a competitive series for 12- to 20-year-old skiers, which requires less travel and time commitment than the High Performance U14 and U16 series.

**Who:** Competitors aged 12 to 20 (as of December 31st of the current year)

**LTAD:** Integration Model, Learn to Train and Learn to Race

**Where:** Saskatchewan

### **Standards**

- Competitors must be a member in good standing of a Saskatchewan Alpine club and must have purchased a national competitor card.
- Each coach must be an accredited ACA CSC coach.
- Competitions must be sanctioned by Saskatchewan Alpine and Alpine Canada Alpin.
- All registered athletes are eligible to receive awards during the regular series.
- The Sask Cup Series will be set to U16 rules and standards as listed in the SASA course setting rules.
- TDs for all sanctioned races will be appointed by SASA and the SASA officials chair and TD coordinator

## 11.3 U16 High Performance (HP) Series

The U16 HP Series is a provincial program which is intended to refine the skills required to perform at the Learn to Race stage and to prepare the athlete for more intensive training and competition at the junior level. The program provides a competitive series for 14- and 15-year-old skiers, which allows them to test their skills against their peers at an inter provincial level. The U16 program also develops ski specific physical and mental skills and continues to develop the athlete's technical and tactical skills.

**Who:** Competitors aged 14 and 15 (as of December 31st of the current year)

**LTAD:** Alpine Integration Model, Learn to Race

**Where:** Provincial, Inter Provincial and National

### **Standards**

- Competitors must be members in good standing with a Saskatchewan Alpine club and must have purchased a National Competitor Card Membership.
- Competitions must be sanctioned by Saskatchewan Alpine and Alpine Canada Alpin.
- Competitors' equipment must conform to Alpine Canada Alpin National Equipment Rules. ACA and SASA do not specify any restrictions regarding ski length and radius for national events unless otherwise stated. Physical development, ability and skills must be considered for equipment.
- Each coach must be an Accredited ACA CSC coach. A minimum of Development Level Certified coach certification is recommended for the U16 Head Coach.
- These races will be set to the U16 race rules as outlined in the SASA Course Setting Rules

## 11.4 U14 High Performance (HP) Series

The U14 HP Series is a provincial program intended to progress young skiers

from the Learn to Train to the Learn to Race stages of skill development. The program provides a competitive series for 12 and 13 year old skiers, which allows them to test their skills against their peers at a provincial level.

The U14 program also develops ski specific physical and mental skills and continues to develop the technical skills learned in the Nancy Greene Ski League. The Snow Stars program is an excellent teaching tool, and clubs should pursue the goal of having a high percentage of U14 skiers achieve Level 7.

**Who:** Competitors aged 12 and 13 (as of December 31st of the current year)

**LTAD:** Alpine Integration Model, Learn to Train

**Where:** Provincial and Inter Provincial **Standards**

- Competitors must be members in good standing with a Saskatchewan Alpine club and must have purchased a National Competitor Card Membership.
- Competitions must be sanctioned by Saskatchewan Alpine and Alpine Canada Alpin.
- All U14 HP series races will be conducted in single run race formats to encourage aggressive and high-risk skiing in every race run and set to SASA course setting rules.
- Competitors' equipment must conform to Alpine Canada Alpin National Equipment Rules. ACA and SASA do not specify any restrictions regarding ski length and radius for national events unless otherwise stated. Physical development, ability and skills must be considered for equipment.
- Each coach must be an Accredited ACA CSC coach. A minimum of Development Level Certified coach certification is recommended for U14 HP Head Coach.
- These races will be set to the U14 race rules as outlined in the SASA Course Setting Rules

### 11.5 U12 Sask. Cup Series

Clubs have the most important role in U12 programming. These are the essential years in providing an environment to enhance the skill development of our young ski racers. Clubs should actively engage in selection of starts for U12.

Programming should provide maximum time for our skiers to learn skills and develop a love for the sport. Please refer to the Saskatchewan Alpine Club Program Guidelines or the Alpine Canada Alpin AIM 2 WIN for more details on program information for these age groups. Clubs are still welcome to host club events or inter club challenges; however, these will not be calendared on the Saskatchewan Alpine website.

The goal of this race series is to prepare the athlete for their future in U14 racing. The U12 Provincial race should remain the main competition focus for u12 (10- and 11-year-old) athletes. For a U12 athlete in a 25-35 day program, they should target between 6-8 days of racing. All U12 races will be posted on the SASA calendar.

**Who:** Competitors aged 10 and 11 (as of December 31st of the current year)

**LTAD:** Skier Essentials – Learn to Train

**Where:** Saskatchewan

**Standards**

- Competitors must be members in good standing with a Saskatchewan Alpine club
- All U12 races will be run in single run race format.
- Each participant must be a member in good standing of a Saskatchewan Alpine Club and registered member of the Saskatchewan Alpine Nancy

- Greene Ski League.
- Each coach must be a member in good standing as an accredited ACA CSC coach.
- Races and events must be sanctioned by Saskatchewan Alpine and Alpine Canada Alpin.
- TDs for all sanctioned races will be appointed by SASA and the SASA officials chair and TD coordinator.
- Clubs are expected to be proactive in coach education and to work with Saskatchewan Alpine to up- skill their coaching staffs. This includes providing coaching mentorship for coaches working toward full ACA CSC certification as Entry Level Coaches.
- These races will be set to the U12 course setting rules as outlined in the SASA Course Setting Rules.

## 11.6 NGSL

Clubs have the most important role in Entry Level programming. These are the essential years in providing an environment to enhance the skill development of our young ski racers. Clubs should actively engage in selection of starts for U12 & U10 athletes. U12 aged programming and below should provide maximum time for our skiers to learn skills and develop a love for the sport. Refer to the Saskatchewan Alpine Club Program Guidelines or the Alpine Canada Alpin AIM 2 WIN for more details on program information for these age groups. Clubs are still welcome to host club events or inter club challenges; however, these will not be calendared on the Saskatchewan Alpine website.

The Nancy Greene Ski League is a national program, inaugurated shortly after Nancy Greene Raine's Gold Medal win at the 1968 Grenoble Olympic Winter Games. Since then, the program has been successful in introducing thousands of children to alpine skiing. Many of Canada's top international skiers received their early training in Nancy Greene Ski League programs (NGSL).

The program introduces children to basic ski techniques and skills, basic safety rules, and teamwork. Enjoyment of the sport and the mountain environment is also emphasized. The program is aligned with the Skier Essentials and Learn to Train phases of the ACA Long Term Skier Development Model, and the ACA Snow Stars Skill Achievements Program.

The Nancy Greene Ski League also introduces children to competition. These events, held at provincial level, provide young skiers the opportunity to test the skills they have learned in the program in a fun and friendly environment. The emphasis in competition is placed on individual progress, team results, camaraderie, and fair play.

Entry Level programming and competition is considered all programming for athletes aged 4-11 years of age. There are two primary age categories U12 (10-11 year old's) and U10 (4-9 years old), however additional age categories can be used at events (U8, U6).

**Who:** Competitors aged 4 to 11 (as of December 31st of the current year).

**LTAD:** Skier Essentials – Learn to Train

**Where:** Mission Ridge, Little Red, Wapiti Valley, and Table Mountain

### **Competition Recommendation**

- U10 athletes enrolled in a 10- 20 day program: approximately 6 days of racing.
  - U8 and less enrolled in a 10–15-day program: approximately 4 days of racing.
- All NGSL races are posted on the SASA calendar.

### **Focus**

- NGSL Races are for both the U12 and U10 age categories.
- The U12 NGSL races remain focused on U12 and below aged athletes.

#### **Standards**

- Each participant must be a member in good standing of a Saskatchewan Alpine Club and a registered member of the Saskatchewan Alpine Nancy Greene Ski League.
- Each coach must be a member in good standing as an accredited ACA CSC coach.
- Races and events must be sanctioned by Saskatchewan Alpine and Alpine Canada Alpin.
- TDs for all sanctioned races are appointed by SASA and the SASA officials chair and TD coordinator.
- Clubs are expected to be proactive in coach education and to work with Saskatchewan Alpine to up-skill their coaching staffs. This includes providing coaching mentorship for coaches working toward full ACA CSC certification as Entry Level Coaches.
- NG races are set to the U12 race rules as outlined in the SASA Course Setting Rules

## **12.0 Sask Alpine Board of Directors**

### **U12/NGSL Coordinator**

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### **U14 Coordinator**

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### **U16 Coordinator**

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### **High Performance Director**

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### **Communications Director**

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### **Competition Director**

- Vacant for 2024-25 season

### **Equipment Director**

- Vacant

### **Officials Director**

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### **Treasurer**

Carla Spriggs [cwillis@hdaeng.com](mailto:cwillis@hdaeng.com)

### **President**

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### **Provincial Program Director**

Heather Sten [programdirector@saskalpine.com](mailto:programdirector@saskalpine.com)