



## **Ski Nova Scotia U12 Course Setting Guidelines:**

### **Slalom**

- Stubbies:
  - 8-10 Meter Radius
  - Offset will vary with steepness but generally enough that they must go edge to edge and do not have time to coast or run a flat ski.
  - Combinations should be limited to:
    - 1-2 Hairpins
      - 4-5 Meters
    - 1 Flush (regular, no royals)
      - 4-5 Meters
    - 1 Delay
      - 9-12 Meters
- Panels:
  - 9-12 Meter Radius
  - Offset will vary with steepness but generally enough that they must go edge to edge and do not have time to coast or run a flat ski.
  - When choosing an offset keep in mind where a traditional slalom gate would be in relation to the athlete and try to emulate that turn shape while using the panels. Generally, this means setting the outside gate of the panel about 1 meter inside where you would normally set a slalom gate of similar radius.

### **Giant Slalom**

- Panelled gates
  - Can use mini gates if available but regular height 27mm gates will suffice
- 16-20 Meter Radius
- No delays unless absolutely necessary for the venue
  - If a change of direction is dictated by the trail, consider a chicane rather than a delay for this age group.
- Offset will vary with terrain but the same concept as slalom applies – the goal is to have no point in the turn where the athlete is running a flat ski, it should be sufficient offset to force edge to edge skiing and prevent excessive tucking.

- An exception may be made where you wish for the athletes to work on their glide skills and tucking– but this should be reserved for only excessively flat terrain.

### **Kombi**

- A combination of panels and stubbies should be used for Kombi sets
- Radius rules should follow the slalom guidelines for the stubby sections
- For the panelled sections the radius may be stretched up to 14 meters but any larger may be unsafe on slalom skis.
- Ideally the majority of a Kombi set has a slalom sized radius with varying tempo based on terrain.
- The set should alternate between sections of panels and stubbies in a manner that will keep the athletes on their toes.
  - These sections can vary in length. For example, you may have a section of 6 stubbies then 3 panels and then back to stubbies. Alternatively, you may have a section that alternates between 1 stubby, 1 panel. You can get creative. The idea is to teach the athlete to expect the unexpected, look ahead, and adjust appropriately.
- Combinations may be set with the stubbies and are encouraged. Again, the same guidelines as are set out in the Slalom section of this document apply.