

		J5 and younger	J4	J3
Train to Race Ratio (strongly recommended minimum)		6:1 (days)	6:1 (days)	5:1 (days)
Race Days (maximum allowed)		Max. 12 Division/State organized, all events	Max. 14 Division/State organized, all events	Max. 18 Division/State organized, all events
Downhill (DH) U1253	Distance between gates Vertical drop Direction changes	X	X	50 m max. 400 m max. 8% of vertical drop
Slalom (SL) U1254	Distance between gates Vertical drop Additional requirements	Max. 5 m combination, max. 9 m open, max. 15 m delay Max. 100 m 2-3 hairpins, 1 vertical combination and 1 delay gate	Max. 6 m combination, max. 9 m open, max. 15 m delay Max. 120 m 2-3 hairpins, 1 vertical combination and 1 delay gate	Max. 6 m combination, max. 10 m open, max. 18 m delay Max. 140 m 3-5 hairpins, 1-2 vertical combinations and at least 1 delay gate
Giant Slalom (GS) U1255	Distance between gates Vertical drop Additional requirements	Max. 22 m Max. 200 m Min. of 1 delay Variety of terrain suggested	Max. 22 m Max. 250 m Min. of 1 delay Variety of terrain suggested	Max. 27 m Max. 300 m Min. of 1 delay Variety of terrain suggested
Super G (SG) U1256	Distance between gates Vertical drop Direction changes Additional requirements	X	25-40 m Max. 300 m 8-12% of vertical drop * Variety of terrain suggested	25-40 m Max. 350 m 8-12% of vertical drop * Min. of 1 jump Variety of terrain suggested
Parallel	Distance between gates Maximum vertical drop	10-15 m 60 m	15-20 m 100 m	15-20 m 100 m
Kombi - SL/GS U1259	Distance between gates Maximum vertical drop	SL 6-10 m, GS 12-20 m 150 m	SL 6-10 m, GS 12-20 m 180 m (SL skis)	SL 6-10 m, GS 12-20 m 200 m (SL skis)
Kombi - GS/SG U1259	Distance between gates Maximum vertical drop		GS 12-20 m, SG 18-28 m 250 m (GS skis)	GS 12-20 m, SG 18-28 m 250 m (GS skis)
Other Events		All of above plus SkillsQuest events	All of above plus SkillsQuest events	All of above plus SkillsQuest events
Ski Recommendation (strongly encouraged)		1 pair - Multi-event Length - skill/size appropriate	2 pair - SL, GS Length - skill/size appropriate	3 pair - SL, GS, SG Length - skill/size appropriate

* Per USSA ACR U1256.2, based upon hill topography and field ability, the Jury may increase the gates to a maximum of 14% of vertical drop (counting only those requiring change of direction).

J5 and younger starts include a recommendation for competing in SkillsQuest events, parallel and kombi

Crossover between age categories for SL, GS, Kombi and SkillsQuest events is encouraged. In races where multiple age classes are competing, course setting guidelines will be based on the guidelines for one class older than the youngest class (for example, race has J5, J4 and J3 racers, should use J4 guidelines). NOTE: This does not apply for speed events.