



# QRS

(Quotas, Rules, and Selections)

2023-2024

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## 2 GENERAL INFORMATION

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### 2.1 WHATSAPP COMMUNICATION TOOL

WhatsApp should be used for ROC's and race admins to communicate with coaches and officials at BC Alpine sanctioned events. Information should be on RN and at least one coach from each team should have the app. This tool should adhere to the same communication standards as race radio protocols so that it remains an efficient tool.

### 2.2 QRS CHAPTER NORMALIZATION OVERVIEW

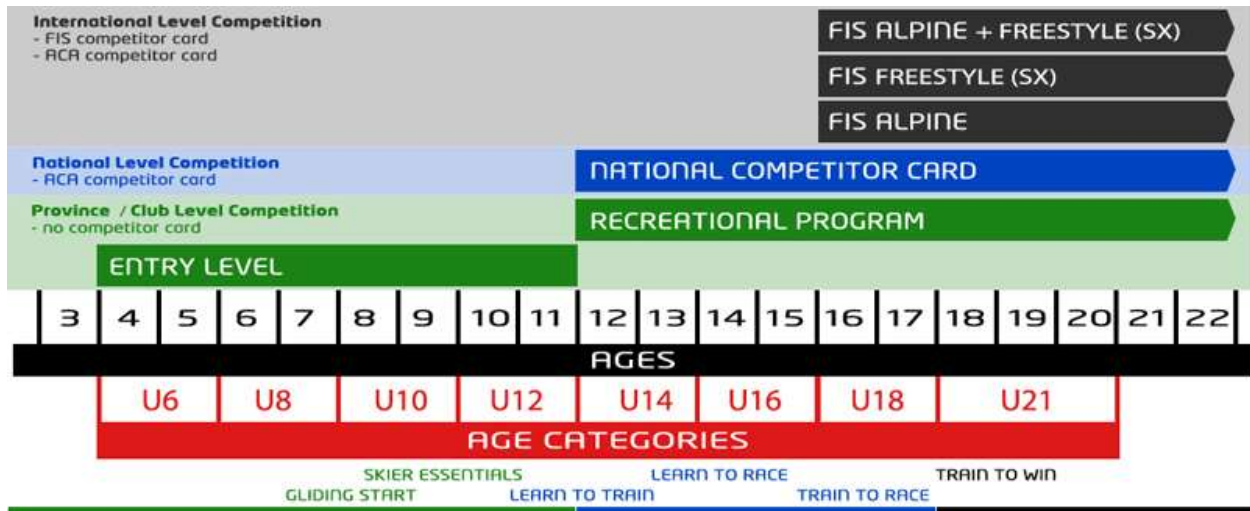
To normalize the areas of the QRS, where possible each age category will have a similar overall format for finding sections of rules easier.

**With X denoting the category:**

- X.1 PCC Representatives
- X.2 BC Alpine Technical Rules
  - X.2.1 Equipment Rules
  - X.2.2 Course Setting
  - X.2.3 Course Inspection
  - X.2.4 Draws and Results
  - X.2.5 New Rules / Changes
  - X.2.6 Event Specific Rules
- X.3 Season Events Overview

### 3 AGE GROUPS & LTAD STAGES

<https://ltad.alpinecanada.org/>



#### 3.1 PROVINCIAL AGE CATEGORY RULE

No out-of-category racing will be allowed by BC Alpine. Athletes may only enter races that are classified for their age category according to their YOB. Year of birth used to classify is the start of season year. All racing out of province below FIS needs written approval from BC Alpine.

IE: 2023/24 season uses 2023-YOB=Age for season.

Kinder Racing outside the athletes registered zone, province and country needs approval from the PSO. All entries must be approved by the PSO 2 weeks prior to the first team captain’s meeting.

#### 3.2 SNOW STARS DEVELOPMENT MODEL

Snow Stars should be used as your skill development model. The goal of our entry level programs should be to progress the kids from level 1 through 5. Levels achieved should be awarded and celebrated.

Assessments should be done twice a year and achievements should be delivered in an awards format.

<https://ltad.alpinecanada.org/athletes/snow-stars>

Posters are available for each level at: [https://bcalpine.com/files/Coaching\\_Files/SnowStars\\_Posters/](https://bcalpine.com/files/Coaching_Files/SnowStars_Posters/)

## 4 NGSL / SNOW STARS PROGRAM (YOB 2012+)

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Children in the Gliding Start, Skier Essential & Learn to Train phase of LTAD.

### 4.1 U10 BC ALPINE TECHNICAL RULES

#### 4.1.1 U10 Race Format

U10 and younger will have girls and boys race together inside their age categories.

#### 4.1.2 U10 Recognition

One set of participation awards given to all competitors.

### 4.2 U12 BC ALPINE TECHNICAL RULES

#### 4.2.1 U12 Equipment Rules

- FIS Helmets are recommended (not mandatory) for U12.
  - Hard ear requirements for Teck events
  - Soft ears are ok for NGSL events
- Speed Suits:
  - are not allowed when attending Sporting Life series NGSL events.
  - are allowed when attending Teck series zone events.

#### 4.2.2 U12 Course Setting

- For Zone Races, Course Setters must have minimum EL LEVEL ADVANCED or higher. Mentor Must be used appointed by the ROC if the setter doesn't have the minimum setting requirements). Sets should be "fair but simple". Chosen setters should be decided 2 weeks prior to the event by the zones PDs and sent to the ROC by the host PD.
- Ref's must have Officials Level 2 or CSC rules and regulations for coaches.

	Vertical	Set
SL	Max. 120 m	Vertical drop Max 120m Combination 4-6m; Open 6-10m; Delay 11-14m; Max 2 hairpins; Max 1 vertical combination; Max 1 delay gate; Panel Slalom sets can stretch up to 13m if needed.
GS	Max. 250 m	Vertical Drop Max 250m Open 15-22m; Delay min 8m between successive gates and max 27m from turning pole to turning pole; Max 3 delays; Variety of terrain suggested;
PSL	Max 100 M	Courses should be set with safety as top priority. Try and use runs that have a consistent vertical fall line. The Courses should be min 6 meters apart (8-10 is best) by the 4 <sup>th</sup> gate. Spread the courses evenly over the first few gates. Use measuring devices to ensure consistency. Distance from turning pole to turning pole 11-13m. No need for delays in PSL.

### 4.2.3 U12 Course Inspection

Ski through inspection but stopping is allowed. Coaches are encouraged to keep the teams moving to avoid clogging. Limited stopping during the inspection runs. ROC's can stagger team starts to if necessary.

### 4.2.4 U12 Draws and Results

U12 Snow Stars race and are awarded within their gender.

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#### 4.2.4.1 U12 Race Format

##### **U12 races are always 1 run races.**

Recommended format for U12 races is hosting a 1 run stubbie course and a 1 run paneled GS gate slalom. ROC may choose to run paneled vs stubbie in either order. Coaches are encouraged to introduce blocking slalom in training environments.

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#### 4.2.4.2 U12 Draw Format

Draws can be computer generated.

First one run race is random start order. Second one run race is the first run start order reversed. For one-run races, the second one-run race should use the reversed first race start list for its start list.

Recommended format for two day, two run races for is to do only one draw and use that single draw for all four start lists in the following format: *(where X is the total # of racers)*

	<b>EXAMPLE WITH 41 RACERS</b>	<b>EXAMPLE WITH 100 RACERS</b>
Race 1: 1-X	Race 1: 1-41	Race 1: 1-100
Race 2: X-1	Race 2: 41-1	Race 2: 100-1
Race 3: (X/2)-X, 1-((X/2)-1)	Race 3: 21-41, 1-20	Race 3: 51-100, 1-50
Race 4: ((X/2)-1)-1, X-(X/2)	Race 4: 20-1, 41-21	Race 4: 50-1, 100-51

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#### 4.2.4.3 U12 Awards

- There will be no "Most Improved" awarded in U12.
- Awards should be presented to the top 10 per gender.
- Team results at events are encouraged when possible.

## 4.3 NGSL / SNOW STARS PROGRAM SEASON EVENTS OVERVIEW

View event information at <https://bcalpine.com/calendar/> for these age categories.

## 5 SX RACES

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### 5.1 SX TECHNICAL RULES

It's recommended that Ski Cross competitors wear slash/cut resistant long underwear.

FIS approved helmets must be worn by all U14+ competitors.

### 5.2 SX EVENTS

*View event information at <https://bcalpine.com/calendar/>*

<b>January</b>		
<b>February</b>	Teck Kootenay Zone Race: Fernie	
<b>March</b>	Ski Cross Event: Big White	
<b>April</b>		



## 6 U14 TECK PROGRAM (YOB 2010,2011)

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### 6.1 U14 PCC REPRESENTATIVES

ZONE	
COAST	Ferdi Gros <a href="mailto:ferdi@cypressslclub.com">ferdi@cypressslclub.com</a>
OKANAGAN	Rodger Poole <a href="mailto:rodgerpool@gmail.com">rodgerpool@gmail.com</a>
NORTH	Clair Challen <a href="mailto:cchallen@gmail.com">cchallen@gmail.com</a>
KOOTENAY	Al Bull <a href="mailto:bullwh2o@gmail.com">bullwh2o@gmail.com</a>
PROVINCIAL CHAIR	Johnny Crichton <a href="mailto:JohnnyC@bcalpine.com">JohnnyC@bcalpine.com</a>

### 6.2 U14 BC ALPINE TECHNICAL RULES

#### 6.2.1 U14 Equipment

Description	Event	FIS	BC Alpine
<b>Ski Length</b> <i>Ski Length measurement tolerance +/- 1cm</i>	DH	No rule	No rule
	SG	No rule	No rule
	GS	188cm max	No rule
	SL	130cm min	130cm min
<b>Radius</b>	DH	No rule	No rule
	SG	No rule	17m min
	GS	17m min	15m min
	SL	No rule	No rule
<b>Profile width under binding</b>	SG	65mm max	No rule
	GS	65mm max	No rule
<b>Standing Height (Ski/Plate/Binding)</b>	All events	50mm max	No rule

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##### 6.2.1.1 Chin Guards

Chin Guards are mandatory in Slalom from U14-FIS in BC.

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##### 6.2.1.2 U14 Back Protection

U14s are encouraged to use back protection for SG, GS, and SX.

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##### 6.2.1.3 U14 Super-G Skis

U14's Super G skis should be slightly longer and higher radius than their current GS ski. (GS Skis can be used).

## 6.2.2 U14 Course Setting

Discipline	Vertical	Set
SL	Max. 160m Min. 100m	Open distances of 7-11 (Recommended 9m) 2-4 hairpins combinations; 1-2 flushes of maximum 3 gates; 1 Delay of 12-15m max. Flex-poles must be light poles (25-28.9 mm). *The course should have no special technical difficulties.
GS	Max. 350m Min 200m	Open distances 15-27m; (Recommended 19-22 m). Delay min 10m between successive gates and max 27m from turning pole to turning pole; Max 3 delays; Variety of terrain suggested.
SG	Max. 450m Min 250m	25m minimum distance from turning pole to turning pole; 40m maximum distance from turning pole to turning pole;
PSL	Max 100M	Courses should be set with safety as top priority. Try and use runs that have a consistent vertical fall line. The Courses should be min 6 meters apart by the 3 <sup>rd</sup> gate. Spread the courses evenly and over the first few gates. Use measuring devices to ensure consistency. Distance from turning pole to turning pole 11m – Max 13m. No need for delays in PSL. Discourage the double block technique.

### 6.2.2.1 U14 Course Setting and Referee Standards

#### Course setters & Referees:

- Provincial events: U14 PCC will appoint appropriate course setters and referees and send them to the host ROC, 1 week in advance of the first TC.
- Zone events: Setters and refs will be set at the coach's meetings.

The Coach and ROC will need to adhere to the standards below.

### 6.2.2.2 U14 Course setters & Referees for Provincial events

**Course Setters:** must have CSC - Development Level certified or higher. \*If a setter doesn't have DL certified, a mentor DL certified (or higher) MUST accompany the set. Mentors and setters must be confirmed at the first TC.

**Referees:** must have one (1) of the following:

- a. CSC Rules and Regulations for Coaches on-line module.
- b. A full Level 2 Officials certification course.

### 6.2.2.3 U14 Course setters & Referees for Zone races

**Course Setters:** must have CSC Development Level trained or higher. Mentors must be used if the setter doesn't meet the requirements, but mentors must be fully certified DL's or higher.

**Referees:** Same rules as [5.2.2.2](#)

### 6.2.3 U14 Course Inspection

Maximum course inspection times by discipline for U14.

<b>SL</b>	30 minutes with a 10-minute entry window
<b>GS</b>	45 minutes
<b>SG</b>	60 minutes

### 6.2.4 U14 Draws and Results

Draws can be computer generated.

All races will have a random start order for first run. First run start order is then reversed for second run, regardless of if the racer finishes or not. If a racer DNF's in the first run, they still start the second run where their bib dictates their start order and they still get a time. Racers who DNF/DSQ in either run will end up in the DNF/DSQ category for the race results.

One-run races are discouraged at U14, but if a zone does run them (this needs to be approved by BCA), the second one-run race should use the reversed first race start list for its race start list.

Recommended format for two day, two run races for is to do only one draw and use that single draw for all four start lists in the following format: (*where X is the total # of racers*)

	<b>EXAMPLE WITH 41 RACERS</b>	<b>EXAMPLE WITH 100 RACERS</b>
Race 1 Run 1: 1-X	Run 1: 1-41	Run 1: 1-100
Race 1 Run 2: X-1	Run 2: 41-1	Run 2: 100-1
Race 2 Run 1: (X/2)-X, 1-((X/2)-1)	Run 3: 21-41, 1-20	Run 3: 51-100, 1-50
Race 2 Run 2: ((X/2)-1)-1, X-(X/2)	Run 4: 20-1, 41-21	Run 4: 50-1, 100-51

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#### 6.2.4.1 U14 Most Improved

No most improved medals this year due to randomized start orders.

### 6.2.5 U14 New Rules / Changes

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#### 6.2.5.1 No Hiking for Slalom or GS events

BC Alpine will be following FIS ICR rule 614.2.3 regarding hiking in all age categories.

*“Interdiction to Continue after a competitor stops - If competitors come to a complete stop (e.g. after a fall), they must no longer continue through previous or further gates.”*

### 6.2.6 U14 Event Specific Rules

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#### 6.2.6.1 BC Games

Teams must be selected by Jan 22nd, 2024.

Each Zone is allocated 4W+4M.

Wild cards spot are available – Zone Reps must contact [JohnnyC@bc Alpine.com](mailto:JohnnyC@bc Alpine.com).

#### **BC Games Draw:**

**Entry:** Each Zone's BC Games Representative will submit its zone entry.

**Draw:** Random Draw - All races will have a random start order for the first run. First run start order is then reversed for second run, regardless of if the racer finishes or not. If a racer DNF's in the first run, they still start the second run where their bib dictates their start order, and they still get a time. Racers who have a DNF or DSQ in either run will end up in the DNF/DSQ category for the race results.

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#### 6.2.6.2 U14 Provincials

U14 Provincials will be 2 run races. Zone events should be 2 run combined time races, but a zone may decide to run 1 run races which should be preapproved by BCA, so check your race notices for formats.

**U14 Provincials Draw:** See [5.2.4](#)

**U14 Provincials Out of Province Racers:** Limited to 6 total entries for the event. Out of Province racers will be included in the random draw.

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#### 6.2.6.3 Whistler Cup

See <https://www.whistlercup.com/> for event information, entry, and rules.

Team BC 1 and 2 provincial seeding if attending. Rank derived from PRS from the provincials overall.

### 6.3 U14 SEASON EVENTS OVERVIEW

View event information at <https://bcalpine.com/calendar/>

<b>January</b>		
<b>February</b>	BC Games: Troll	
<b>March</b>	Teck U14 Provincials: Red	
<b>April</b>	Whistler Cup: Whistler	

## 7 TECK U16 PROGRAM (YOB 2008,2009)

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### 7.1 U16 PCC REPRESENTATIVES

ZONE	NAME	CONTACT
COAST	Ryan Jazic	<a href="mailto:U16@grousetyee.com">U16@grousetyee.com</a>
OKANAGAN	Jorgan Anderson	<a href="mailto:apexskiclub@gmail.com">apexskiclub@gmail.com</a>
NORTH	Dillion Prophet	<a href="mailto:Dillon.prophet@gmail.com">Dillon.prophet@gmail.com</a>
KOOTENAY	Ian Larsen	<a href="mailto:ianlarsen@telus.net">ianlarsen@telus.net</a>
PROVINCIAL CHAIR	Johnny Crichton	<a href="mailto:johnnyc@bc Alpine.com">johnnyc@bc Alpine.com</a>

### 7.2 U16 BC ALPINE TECHNICAL RULES

#### 7.2.1 U16 Equipment

Description	Event	FIS	BC Alpine
<b>Ski Length</b>	DH	No rule	No rule
<i>Ski Length measurement tolerance +/- 1cm</i>	SG	183cm min	183cm min
	GS	188cm max	No rule
	SL	130cm min	130cm min
<b>Radius</b>	DH	No rule	No rule
	SG	30m min	*27m min
	GS	17m min	17m min
	SL	No rule	No rule
<b>Profile width under binding</b>	SG	65mm max	No rule
	GS	65mm max	No rule
<b>Standing Height (Ski/Plate/Binding)</b>	All events	50mm max	No rule

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#### 7.2.1.1 Back Protection

U16s are encouraged to use back protection for DH, SG, GS, and SX \* Your club may make this mandatory.

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#### 7.2.1.2 Chin Guards

Chin Guards are mandatory in Slalom from U14-FIS in BC.

## 7.2.2 U16 Course Setting

Discipline	Vertical	Set
SL	Max. 160m Min 100m	Combination 4-6m (recommend 5m); Open 7-11m; Delay 12-15m Max. 3-6 hairpins, 1-3 flushes consisting of 3 - maximum 4 gates. - It must also contain 1-3 delays (12-15m max) Flex-poles must be light poles (25-28.9 mm). The course should have no special technical difficulties.
GS	Max. 350m Min 200m	Open 15-27m; 23m-25m recommended. Delay min 10m between successive gates and max 27m from turning pole to turning pole; Max 3 delays; Max Distance in a delay is 35m. Variety of terrain suggested;
SG	Max. 450m Min 250m	25m minimum distance from turning pole to turning pole; 50m maximum distance from turning pole to turning pole;
PSL	Max 100M	Courses should be set with safety as the top priority. Try and use runs that have a consistent vertical fall line. The Courses should be min 6 meters apart by the 3 <sup>rd</sup> gate. Spread the courses evenly and over the first few gates. Use measuring devices to ensure consistency. Distance from turning pole to turning pole 12m – Max 14m. No need for delays in PSL. Discourage the double block technique.

### 7.2.2.1 U16 Course Setting and Referee Standards

#### Course setters & Referees:

The U16 PCC will appoint course setter and/or referee at U16 TECK Open Races and send to the chief of race prior to the meeting. Changes can only be made by the TD or the PCC.

Westerns and National Races, coaches will need to adhere to the below criteria:

1. CSC - Performance Level Trained or higher / Level 3 Certified or higher
2. Level 2 Officials certification course

### 7.2.3 U16 Course Inspection

Maximum course inspection times by discipline for U14.

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<b>SL</b>	30 minutes with a 10-minute entry window
<b>GS</b>	45-minute target (can be 30mins)
<b>SG</b>	60 minutes target

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### 7.2.4 U16 Draws and Results

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#### 7.2.4.1 U16 PRS Points

The BC Alpine PRS points homepage is found at: <https://bcalpine.com/PRS/> or under the tab “results” of the BC Alpine members website.

Points start processing immediately after the first race of the U16 Teck Open series are uploaded. Points continue to increment after each race of the series is uploaded.

Leader Bibs will be used for all but the first race of the season per discipline.

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#### 7.2.4.2 U16 Zone Race Draws

U16 zone race draws will be random. The second run is the first run bib order reversed. In events that have both U14s and U16s, it is encouraged to randomize them all together and have sets that fit in both U14 and U16 setting parameters. If ROC requests to run the age groups separately and is approved by BCA, each group will be randomized separately.

\*If a racer DNFs in the first run, they still start in their normal assigned position for the second run. They will get a run time but not be included in the calculation for results.

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#### 7.2.4.3 U16 Teck Open Draws

Random Draw – reverse order 2<sup>nd</sup> run. Everyone gets a second run in bib order.

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#### 7.2.4.4 U16 Western Championships Draws

Random start, reverse of the full field by time.

### 7.2.5 U16 New Rules / Changes

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#### 7.2.5.1 No Hiking for Slalom or GS events

BC Alpine will be following FIS ICR rule 614.2.3 regarding hiking in all age categories.

*“Interdiction to Continue after a competitor stops - If competitors come to a complete stop (e.g. after a fall), they must no longer continue through previous or further gates.”*

### 7.2.6 U16 Event Specific Rules

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#### 7.2.6.1 2024 U16 Western Championships

Entry is open to all BC Alpine registered U16 racers.

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#### 7.2.6.2 2024 Whistler Cup

Team Canada: See

**Team BC 1 and 2** (seeding only): Formed from the race results from Panorama, Kimberley Teck Open Series and the Western Championship races. Best PRS points from 4 of 9 of the 3 disciplines raced. Ties go to the next best result in any discipline.

**BC additional Quota:** 10 girls/10 boys best of the rest on the PRS list. No Canada Games or Westerns results will be included.

### 7.3 U16 SEASON EVENTS OVERVIEW

View event information at <https://bcalpine.com/calendar/>

<b>January</b>	Teck Open Round 1: Panorama	<a href="https://bcalpine.com/calendar/?M=1&amp;Y=2024#4832">https://bcalpine.com/calendar/?M=1&amp;Y=2024#4832</a>
<b>February</b>	Teck Open Round 2: Kimberley	<a href="https://bcalpine.com/calendar/?M=2&amp;Y=2024#4835">https://bcalpine.com/calendar/?M=2&amp;Y=2024#4835</a>
<b>March</b>	U16 Westerns: Norquay & L.L.	<a href="https://bcalpine.com/calendar/?M=3&amp;Y=2024#4900">https://bcalpine.com/calendar/?M=3&amp;Y=2024#4900</a>
<b>April</b>		



## 8 FIS (U19+) (YOB 2007 -)

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### 8.1 BC FIS ZONE TEAM HEAD COACHES

ZONE	NAME	CONTACT
VST	Titouan Olanier	<a href="mailto:vst@grousetyee.com">vst@grousetyee.com</a>
WMSC	Brad Eades	
OKANAGAN SKI TEAM	Derek Trussler	<a href="mailto:Derek_trussler@telus.net">Derek_trussler@telus.net</a>
BCST MEN	Morgan Pridy	<a href="mailto:morganp@bcalpine.com">morganp@bcalpine.com</a>
BCST WOMEN	Montana Molyneux	<a href="mailto:montanam@bcalpine.com">montanam@bcalpine.com</a>
KOOTENAY ZONE TEAM	Eric Schwenck	<a href="mailto:ericschwenck@gmail.com">ericschwenck@gmail.com</a>
PROVINCIAL CHAIR	Johnny Crichton	<a href="mailto:johnnyc@bcalpine.com">johnnyc@bcalpine.com</a>

**Course setters for BC and Alberta FIS Series.** Alberta and BC AD's will divide the sets up amongst attending Canadian western teams, based on number of athletes in the first seed, experience and attitude.

### 8.2 ALPINE TECHNICAL RULES

All FIS rules apply per FIS ICR.

### 8.3 FIS BC CUP SEASON EVENTS OVERVIEW

COMBINED points from these races determine the overall.

U19 and Senior Nationals - U19's will be awarded their National Championship results from the senior national's races.

*View event information at <https://bcalpine.com/calendar/>*

<b>December</b>	Pano Christmas Series	
<b>January</b>	Kimberley Speed series	
<b>February</b>	Panorama Tech Series	
<b>February</b>	Whistler Parsons Speed Series	
<b>March</b>	Red Mtn Spring Series	
<b>April</b>	Sun Peaks Mega Cup	