



**2022-2023**  
**National Rules**  
**&**  
**Policies**

*In accordance to Alpine Canada Alpin National Competition Rules and current FIS Regulations*

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# 1.0 National Equipment Rules

## 1.1 National Safety Protection Rule

### **Helmets:**

Ski helmets specific to alpine skiing are mandatory at all times.

National competition events for **U14**, **U16**, and **Masters** are required to conform to the FIS helmet rules as outlined under section 5. Crash Helmets, FIS specifications for competition equipment. Ski specific, FIS conformed helmets (label "RH2013") **MUST** be used for GS/SG/DH events, no exception.

Athletes attending FIS sanctioned events including FIS children's races are governed by the FIS equipment rules for helmet regulations. Athletes attending FIS Masters sanctioned events must follow the rules outlined in the FIS masters rules alpine.

\*\*ACA highly recommends any athlete participating in a FIS Masters event, abides by the ACA National Competition rules for helmet standards.

Please refer to the FIS website for further detail in relation to the FIS helmet rules and regulations for 2022-2023.

### **Back & Face Protectors:**

Back protectors for national races including GS, SG, DH and SX are highly recommended for athletes U14 and up in a race environment.

Face protection for national SL races in the form of a chin guard is highly recommended for athletes U14 and up in a race environment.

ACA will inform members if 'highly recommended' moves to mandated in a National capacity in an appropriate manner of time.

All members **MUST** check with their province of registration to determine if there are further equipment rules that are applicable to them as part of their provincial membership.

Provinces have the right to set standards above the National Rules and Polices, however must always, at minimum, meet ACA National Standards.

## 1.2 Competition Equipment Specifications NON-FIS

As per the FIS 2022-2023 specifications for competition equipment and commercial markings.

	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			
1.2.1.3 RADIUS (MINIMUM)			
SG Ladies		30 min	
SG Men		30 min	
GS Ladies	17 min	17 min	
GS Men	17 min	17 min	
1.2.1.2.1 PROFILE WIDTH UNDER BINDING (mm)			
	SG	65 max	65 max
	GS	65 max	65 max
2.1.2 MAX STANDING HEIGHT (SKI/PLATES/BINDING) (mm)			
	50 max	50 max	

Legend

\*\*U18 Equipment standards at PTSO discretion.

## 1.3 FIS Equipment Rules

All CAN registered athletes competing in FIS events for the 2022-2023 season must compete with equipment that respects FIS rules. This includes International Children Races (CHI). For further details in relation to FIS equipment rules please see 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%20for%20Alpine%20Competition%20Equipment%2009.07.2022.pdf)

## 2.0 Race Entries & Eligibility

This policy has been implemented to support a strong domestic development system that supports the principles of ACA's long term skier development model.

### 2.1 FIS Races in USA

#### 2.1.1 Quota

As a country group CAN-USA (rules for the FIS alpine points 7.1.7) Canada and USA are allowed a maximum 30 competitors for each nation for races organized in a country of that group (CAN-USA).

CAN-USA have a working agreement however to limit the number of competitors to 15 in each other's FIS competition, unless the nations have come to a prior agreement.

Prior agreements include competitions that have been granted an exception to the country group of 30, were they can fill the total field to 140 respecting other nations quotas. These can be found in the 2022-2023 season's northern precisions.

Any exceptions or extensions to the above mentioned quota items is at the discretion of the two national governing bodies (ACA-USSA) and must be delivered via a formal written request prior to the race or race series. Within Canada these requests must come from the PTSO to the NSO.

#### 2.1.2 Points

As a minimum standard to be considered for qualification to race in the US athletes should have at least 120 points or better in one of the disciplines being contested in any series. Entry for athletes with greater than 120 FIS points is at PTSO discretion.

#### 2.1.3 Entries

All race entries for international FIS races including USA events, must be submitted online via the use of the online registration system. This is a mandatory race entry system for all international races.

The registration system requires FIS entries to be generated at minimum 2 weeks (14 days) prior to the first race day.

Website URL: <https://alpinpoints.ca/>

For athletes that wish to be entered within the 14 day time frame, entries MUST be submitted to [raceentries@alpinecanada.org](mailto:raceentries@alpinecanada.org) on an official FIS entry document with coaches included.

Additional entries will not be accepted within 24hours of the first Team Captains' meeting.

This system is a nationally provided registration system and is mandated by Alpine Canada Alpin.

Ski Cross is not currently integrated into this online system and for the 2022-2023 season, entry sheets must be submitted with the 14 day time frame to [raceentries@alpinecanada.org](mailto:raceentries@alpinecanada.org) . As we move forward we endeavor to expand the current online system to encompass ski cross.

Failure to provide adequate notice in regards to entry changes can result in a monetary sanction fee to the coach equivalent to the race entry fee. This sanction is at the discretion of ACA.

It must be noted that national team athletes have priority in all international (including USA) races and their entry can be accepted up to 24hours of the first Team Captains' meeting.

## 2.2 FIS Races Outside of North America

### 2.2.1 Quota

Out of country quota is always managed by ACA. Current quota numbers can be found on the FIS website and must be noted varies by category i.e. FIS-UNI, CHI, ENL, NJR, NJC.

### 2.2.2. Points

Please refer to Alpine Canada's International Race Policy for point and WR standards for acceptance into international series.

[https://alpinecanada.org/uploads/documents/International\\_Race\\_Policy\\_-\\_ACA\\_-\\_Approved\\_Oct\\_28\\_2020.pdf](https://alpinecanada.org/uploads/documents/International_Race_Policy_-_ACA_-_Approved_Oct_28_2020.pdf)

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It must be noted that national team athletes have priority in all international (including USA) races and their entry can be accepted up to 24hours of the first Team Captains' meeting.

Europa Cup races are reserved for CAST athletes or CAST coaching staff invitees.

\*Canadian athletes without valid permission from ACA who enter, or attempt to enter a race are subject to disciplinary actions which may include, financial sanctions, suspension from racing and/or revoking of FIS license.

\*All racers holding a CAN FIS license residing fulltime outside of CAN that do not qualify on the above criteria will NOT be granted entrance into FIS races outside of North America.

## 2.3 International Children Races (CHI)

Official entries for all CHI races must be submitted to the athletes respective PTSO following the same time periods as international FIS race entries. It is the PTSO's responsibility to forward entries to ACA in the applicable time frame.

## 2.4 FIS Races Within Canada

Athletes racing both in province and out of province but within Canada, must seek approval from their PTSO prior to submitting race entries. Races include FIS, NJR, NJC, ENL and FIS-UNI.

### 2.4.1 Quota

Responsibility of for assigning host-quota is as follow.

- For provincial series (series where events take place only in one province): the host PTSO,
- For regional series (series that take place regionally (East or West) in more than one province or, also regionally, across borders: the concerned PTSOs,
- For national events: ACA.

Priority when assigning quotas can follow one of three principals:

1. Based purely on points (either GS + or the concerned event),
2. Based on the development structure within the territory (i.e. NST, PST, etc.),
3. A combination of both.

Travelling PTSO's have a quota of 10 M, 10 L per event. All unused quota spots are returned to the host region.

For 2022-2023 the travelling quota for a Canada Cup series, if calendared, is as follows:

QC – 20M 20W	ON – 20M 20W
AB – 20M 20W	BC (host) – 30M 30W

All unused allocated quota will be reallocated to provinces equally who have an excess of race intents. It is up to the province to determine who is included within the provincial quotas.

Alpine Canada in conjunction with the provinces can determine within the season any special quotas including quotas for travelling PTSO's. Should this occur it will be published in advance of the event(s) in question.

## 3.0 Nor-Am Series

All athletes with a valid FIS license are eligible to compete in Nor-Am competitions without restrictions relating to their points or performance at other FIS races.

Named Provincial Team athletes are prioritized on entries with confirmed quota allocation.

All other entries will be ranked by FIS points within the respective quotas.

## 4.0 FIS-UNI Competitions

Each province must submit to ACA no later than October 15<sup>th</sup> a complete list of their athletes that are competing for a US Academy, College or University (AUC) team on the ACA provided excel document. The list of AUC athletes is shared with the USSA annually.

Eligibility and quota information for FIS sanctioned university competitions can be found at:

[https://assets.fis-ski.com/image/upload/v1544182400/fis-prod/Rules\\_FIS\\_UNI\\_2018-19\\_engl.pdf](https://assets.fis-ski.com/image/upload/v1544182400/fis-prod/Rules_FIS_UNI_2018-19_engl.pdf)

### 4.1 Entries

Race entry procedures for USA FIS-UNI races follows the same online registration process as FIS races in the USA.

For CAN FIS-UNI races please send entries within the same time parameters to the listed race entries administrator on the FIS website.