NJISRA Course Setting Guidelines & Start Cadence Basics
(Nov 2012)

Legal Distances & Nbrs: (all distances are in meters)

- 10m: Min distance between GS gates

- 4-8m: Min/Max distance between two GS paneled gates

- .75m-1m: Min/Max distance between two SL combination gates

- 13m: Max distance between turning poles in SL

- 4-6m: Min/Max distance between SL gate poles

- 1-3: Min/Max number of Flushes in a SL race

- 3: Min number of Hairpins in a SL race

- 1-3: Min/Max number of Delay gates in a SL race

- 12-18m: Min/Max total distance on both sides of a
      delay gate to the nearest turning poles

- 6-13m: Min/Max distance between SL turning gates

  (Measurement rule: a 200cm ski is 2 meters)

Single Pole SL Gate Rules:

- A single pole SL course uses outside poles on:
  o 1st & last gates
  o delay gates
  o combination gates (hairpins, flushes)

Single Pole GS Gate Rules:

- A single pole GS course uses outside poles on:
  o 1st & last gates
  o delay gates

Start Cadence:

- **GS Start**:
  o Regular intervals (std 60 secs; min 30 secs)
  o "10" sec warning
  o Start period is 10 sec after "5"
  o "5, 4, 3, 2, 1" - "Go"- "1, 2, 3, 4, 5"
  o DSQ'ed after 10 sec start window

- **SL Start**:
  o Irregular intervals (min 30 secs)
  o "Ready", "Go", followed by a 10 sec start window
  o DSQ'ed after 10 sec start window