



FREESTYLE CANADA CAN FREESTYLE COMPETITION GUIDE

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Section 1

INTRODUCTION

The Canadian Freestyle Ski Association has embarked on the journey of “Competition Review and Restructuring”. There are a few key guiding principles to keep in mind as we put our events under the same lens of “Long Term Athlete Development” used to build our world leading Can Freestyle Coach and Athlete programs:

1. Commitment to Excellence

We are relentlessly determined to remain the top Freestyle Nation in the world – and we are banking that building excellence in skill development at all stages is the foundation for our Olympic success stories of the future.

Some athletes will develop from outside of our Can Freestyle systems and programs, and we need to be intentional and thoughtful of how we encourage these athletes and their coaches to become part of our Freestyle Family.

Freestyle Canada remains committed to implementing standards for the development of acrobatic/air skills, to training coaches, and providing standards for competition and training facilities as the pillars of excellence and athlete safety.

2. Canada Cup Events and HPAD

Freestyle Canada with partnership from Own The Podium now has a High Performance Athlete Develop (HPAD) strategy that provides a clear pathway for athletes aspiring to be on the National Team that are tracking towards the Olympic Games up to 8 years out.

The Canada Cup event series, along with athlete skills assessments and development camps will be the framework for the HPAD objectives.

Canada Cup Events comprise (dependant on discipline):

- Canadian Selections

- Canadian Open Tour

- Canadian Series

- Junior and Senior National Championships

- Skills Assessment Events

U14 Formats and Focus

To grow both our participation base and our pool of podium potential athletes we need well communicated and well organized program and event resources for U14 athletes.









In partnership with Sport For Life, The Coaching Association of Canada, and High Five, Freestyle Canada will continue to develop and support the implementation of grassroots programs and events that are relevant, vibrant and engaging for 6-13 year-olds.

Can Freestyle Competition Pathway

This diagram shows the alignment of Freestyle Events and Competitions with the Can Freestyle Athlete Pathways.



Can Freestyle Competition Pathway

LTADSTAGE	PROGRAM	AGE CATEGORY	EVENTS		
		*The following age categories are guidelines only. Athletes can move through age categories based on skill maturity and coach recommendation unless determined by the event rules.	Moguls	Slopestyle & Halfpipe	Air: Aerials & Big Air
Fundamentals		U8 & U10	Try Freestyle, Jumps & Bumps Events		
Learn to Train		U10, U12, U14	Club / Interclub, Super Youth, Freestylers		
Train to Train		U14, U16, U18	Provincials & Jr Nationals or Regionals		
Learn to Compete	Provincial Teams	U16*, U18, U20*		Canada Cup Events	
Train to Compete	PSO / National	U18, U2			

Ideal Calendar

Freestyle Canada's Ideal Calendar is an overview guideline that shows the competition and specific training blocks to help better plan event timing, athlete recovery and peaking. Event organizers should use this as a guideline for scheduling of events, keeping the entire season in perspective. Please review the 2 Ideal Calendars on the following pages, these are designed around the traditional disciplines, newer disciplines and our Freestyle Canada LTAD model. For any questions on the Ideal Calendars please contact

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CFSA SLOPESTYLE/HALFPIPE IDEAL COMPETITION SYSTEM CALENDAR

GUIDES:

PURPOSE: To build technically sound Freestyle athletes in a sustainable system

Comp Targets: FUN, Criteria; Team Selection, Funding, Event Selections

Number of competitions by stage

Assessments to be done minimum 1x/yr by discipline

LEGEND:

- SKIING / SNOW FOCUS
- ACROBATIC FOCUS; Tramp, Ramp / Bag
- Physical Assessments
- Technical Assessments, in comps or training

GENERAL OBJECTIVES:

- Acrobatic Blocks to drive technical stability
- Technical Snow Blocks to drive discipline specific stability
- Recovery Blocks to drive technical performance
- Plan competitive blocks around adequate training & recove



CFSA MOGULS/AERIALS IDEAL COMPETITION SYSTEM CALENDAR

GUIDES:

PURPOSE: To build technically sound Freestyle athletes in a sustainable

COMP TARGETS: FUN, Team Selection, Funding, Event Selections

Number of competitions by stage

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LEGEND:

- SKIING / SNOW FOCUS
- ACROBATIC FOCUS; Tramp, Ramp / Bag
- Physical Assessments
- Technical Assessments, in comps or training

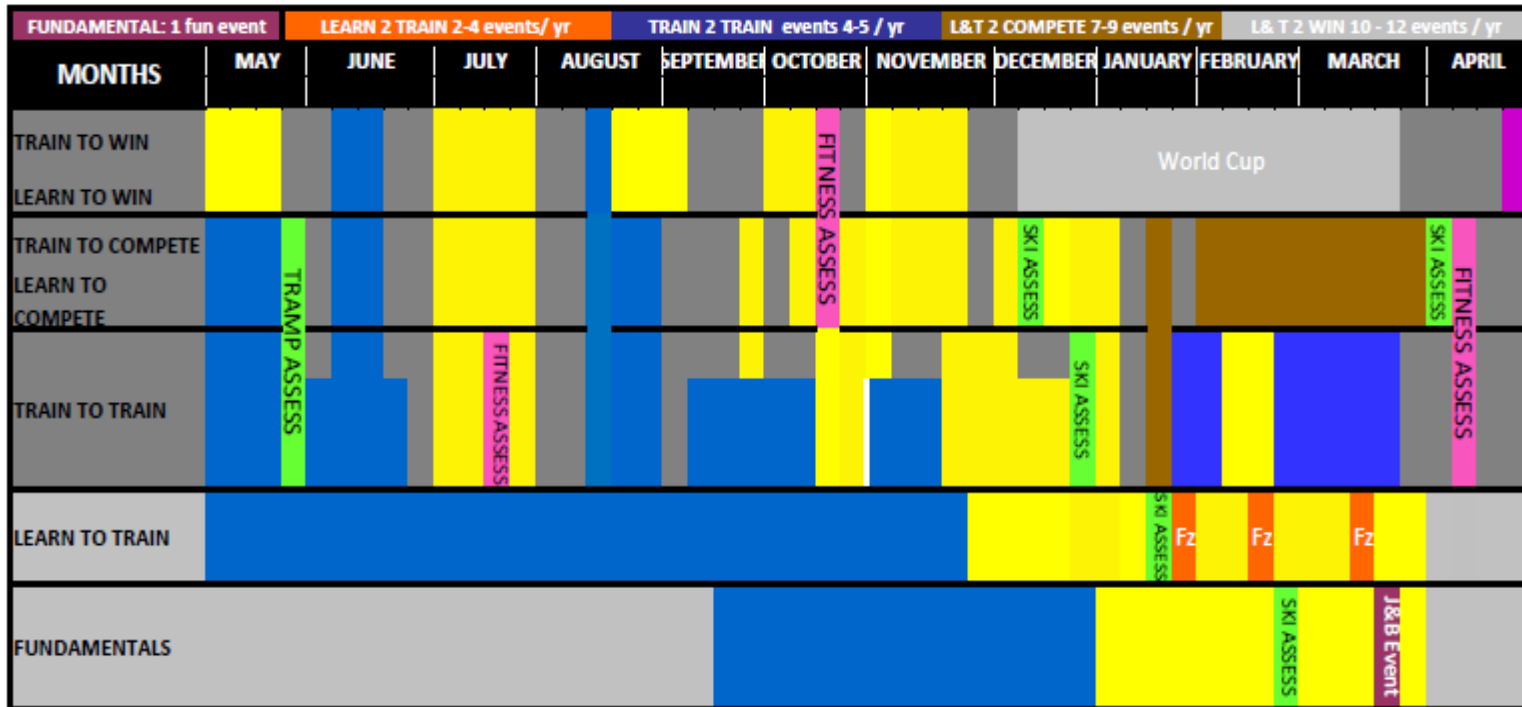
GENERAL OBJECTIVES:

Acrobatic Blocks to drive technical stability

Technical Snow Blocks to drive discipline specific stability

Recovery Blocks to drive technical performance

Plan competitive blocks around adequate training & rec



A Final Note:

Please review the detailed 'Competition Principles' section, noted in the table of contents, and ask how your event meets these principles:

These rules and guidelines have been developed to support the delivery of better events across Canada. If you have a great idea for a format or a vibrant change to our system let us know!

The events you deliver will make or break the athletes, coaches, officials and volunteer's experience, and determine if they develop a life-long passion for freestyle skiing and snowsports.

Have an amazing season!

Freestyle Canada, National Sport Organization Staff

Section 2

Governing Rules and Procedures

Freestyle Canada Age Group Eligibility Chart

Age category will be determined by an athlete's age as of January 1st of each winter season. If an athlete's birthday is in February, the athlete will not change age categories during the season, they will compete in the category of the age they were on January 1st.

Note: 'U' means under so a U14 is 12 & 13 years and less.

Age Category as of Jan 1 2017	Birth year as of	Can Freestyle LTAD Stage	Freestyle Canada sanctioned events
Too young for Freestyle Canada event	2011	None	None
U8 6/7	2009 & 2010	Fundamentals/Jumps and Bumps	Try Freestyle Formats
U10 8/9	2007 & 2008	Fundamentals/Jumps and Bumps or Learn To Train/Freestylerz	Try Freestyle, Freestylerz Formats, Juniper Jams
U12 10/11	2005 & 2006	Fundamentals/Jumps and Bumps or Learn To Train/Freestylerz	Freestylerz Formats/Club
U14 12/13	2003 & 2004	Learn To Train /Freestylerz or Train to Train/ CanFree TEAM	Freestylerz Formats /Club or TEAM (Timber Tour or Prov.) formats
U16 14/15	2001 & 2002	Train to Train/ TEAM or Learn To Compete	TEAM (Timber Tour or Prov.) /Canada Cup/ FIS/AFP
U18 16/17	1999 & 2000	Train to Train/TEAM Or Learn to Compete	TEAM (Timber Tour or Prov.) /Canada Cup/FIS/AFP

U20	18/19	1997 & 1998	Train to Train/TEAM Learn To Compete	TEAM (Timber Tour or Prov.) /Canada Cup/FIS/AFP
U30	20-29	1987 - 1996	High Performance or	FIS/AFP
			ACTIVE FOR LIFE	
U40	30-39	1976-1986	High Performance or Active For Life	FIS/AFP
U50	40-49	1966 - 1976	Active For Life	
Masters 50 +		1965 & earlier	Active For Life	

JUNIOR NATIONALS GROUPS FOR 2016 are U14, U16, U18.

Freestyle Canada - with the mandate of the PSO Team - recommends that no medals will be awarded at events for Fundamentals U10 athletes, and rankings are only posted for athletes and coaches to motivate skill progression.

Governing Rules and Procedures

Freestyle Canada sanctioned competitions are ordinarily governed by the International Ski Competition Rules of the Fédération Internationale de Ski. In certain situations the Freestyle Canada has adopted superseding rules and regulations, which are outlined in this document. In all other circumstances the FIS Rules and Regulations shall apply.

Controversial Matters

For all controversial matters during a competition that cannot be resolved by the application of the present Rules, the Jury may call those members of the Freestyle Canada Officials Advisory Group & Freestyle Canada Technical Staff present at the competition together to discuss the issue and make a temporary decision by a simple majority of votes. Or the Technical Delegate will contact the Freestyle Canada Competitions Manager to discuss the situation and come to a final decision.

Extraordinary Circumstances

It is possible that extraordinary circumstances may arise that are not addressed by these regulations and procedures. In such circumstances the Chief Executive Officer of the Freestyle Canada or his/her designate shall be empowered to make a final and binding ruling. The Technical Delegate is responsible to communicate with the Freestyle Canada designate.




Inquiries

Inquiries with Can Freestyle events should be directed to the Canada Cup Competitions Coordinator or his/her designate, of the Canadian Freestyle Ski Association.

Aerial Qualifications

All athletes must have up-to-date Air (also called aerial) qualifications for jumps they are performing in **all disciplines**. The Freestyle Canada Technical Delegate will verify a random selection of athlete's qualifications during training before each event with the **coach** of the athlete.

Verification of qualification will be accepted from any of the following sources:

-  Signed Air Passports held by coach/athlete
-  Completed and signed qualification forms
-  Freestyle Canada qualification databank

Verification may be accepted verbally from the coach on the TD's discretion, but the coach/athlete must follow up within one week to provide proof of qualifications. The TD may ask the coach to initial their verification in the TD report. If a coach verifies an athlete qualification which has not taken place there will be an investigation requested from Freestyle Canada and the coach's certification and license will be reviewed.

Any member of the Competition Jury may determine that an athlete is not able to perform a skill safely and prohibit this athlete from performing the skill in training or competition. A decision to prohibit an athlete from performing a skill must be a Jury decision and minutes of this decision must be included in the TD Report. The Jury will seek input from the athlete's coach while deliberating. A Jury decision prohibiting the athlete from performing a skill does NOT automatically mean the qualification for that skill has been removed.

New jumps must be qualified prior to the event competition day. New jumps cannot be performed during the event competition day unless previously qualified with the exception that an athlete may add up to 360 degrees of spin with their coach's approval.

Athletes are not required to re-qualify moves from year to year with Freestyle Canada, as of October 2012. It is the coaches' responsibility to implement a system where the athlete proves they are ready to take moves to snow at any time. (e.g. use existing Air Qualification Form)

Please view the more detailed Freestyle Canada Air System Overview document available to download at freestyleski.com. NOTE THAT THE AIR REGULATIONS AND QUALIFICATIONS MANUAL (ARQ) IS BEING REMOVED FROM CIRCULATION AS OF DEC 1 2014.

The new Can Free Competitions Guidelines and the Air System Overview will be treated as the authority if there is conflicting wording.

Any questions regarding the Air Qualification process should be directed to the Freestyle Canada Sport Development Director. meredithgardner@freestyleski.com

Section 3

Can Freestyle U14 Event Recommendations

This section provides appropriate formats for athletes in the Jumps and Bumps, and Freestylerz programs. These activities may span from 'first touch' Try Freestyle events to terrific club and interclub formats like Aussie Rules, to more 'Olympic style' regional events run in Jam Formats, or your club may develop a new format to keep kids skiing in groups where they remain supervised by their coach through the day. *

The purpose of these events is to motivate athletes to develop stronger skills, and prepare them for the next stage of events where there will be more emphasis on ranking and winning.

Guidelines for running events for children 6-13 have been created with extensive support from Sport For Life, the High Five Organization, and in consultation with leaders in Freestyle Skiing From across Canada.

Event organizers are encouraged to review the full Freestyle Canada Competition Principles in section 8 for the Fundamentals and Learn to Train Stages, and think how they can apply these principles in creating more fun and meaningful events for children; and share the lifelong focus on excellence that is at the core of Freestyle Canada's mission.

It is important to note that coaches have a duty of care to provide a safe and supervised environment for children, especially under 12 years of age, and you will see format and program changes that ensure coaches can appropriately monitor skiers in their care.

In this section you will find guidelines and suggestions for running children's events, but more importantly you will be part of a significant change in how we intentionally foster BOTH the skills excellence and a life long passion for participation in skiing that will become the building blocks for our champions of the future.

Freestyle Canada U14 Fundamentals and Learn To Train Stage Event Recommendations:

1. **No Kidz Stand Around.** Move to event formats where athletes start in groups and remain directly supervised by a coach through the event, eliminate

full field random bib draw starts, utilize Jam Formats and other fun ways to keep children moving and engaged and learning throughout the day.

2. Develop Well Rounded Athletes. U12 Athletes are still acquiring fundamental movement, acrobatic and skiing skills, and the events they ski in should motivate them to expand their athletic boundaries. Early specialization in one sport and in one discipline (prior to age 13) can ultimately limit an athlete's potential and reduce their long-term versatility.

3. Shift the Focus from 'Winning' to Skills Mastery, Personal Challenge, and Fun. Freestyle Canada with the input and support of its PSO Team highly recommends eliminating all medal presentations for all U10 athletes.

HIGH FIVE research shows that there are three key determining factors in a competition experience

- ***The attitude of the parents***
- ***The environment created by the club or coach***

- ***The emotional readiness of the child***

HIGH FIVE is a respected Canadian organization dedicated to high quality recreation and sport programs for children 6-12 years of age

U14 Event Formats

Try Freestyle ("Sapling Sessions" Freestyle Skiing Ontario)

Purpose: This is a Try Freestyle and Jumps and Bumps event that is appropriate for athletes new to Freestyle or who are progressing through the Jumps and Bumps Badges

Overview: The club or PSO oversee support for resort to build a stage appropriate course including a variety of features which can be used as a 'Medley' run. Incorporate gates, boxes, jumps and moguls and/or rollers. (make sure speed control features are in place where needed) If you have the resources try a dual track with side by side feature sections.

Athletes have a CanFree1/2 License or new participants with PSO approval can register for a temporary Try Freestyle License.

To grow your freestyle program work with the snowschool to invite targeted groups who are ready to graduate out of regular lessons – you could do jointly with the local race and big mountain club to give kids a taste of a variety of competitive stream programs.

Format: Run skiers in groups with their coach, starter radios name to recorder, give them a formal countdown, judges give recorder info to write with 'score' within 10 seconds. Or can just be comments recorded! Call it a "Showcase" run.

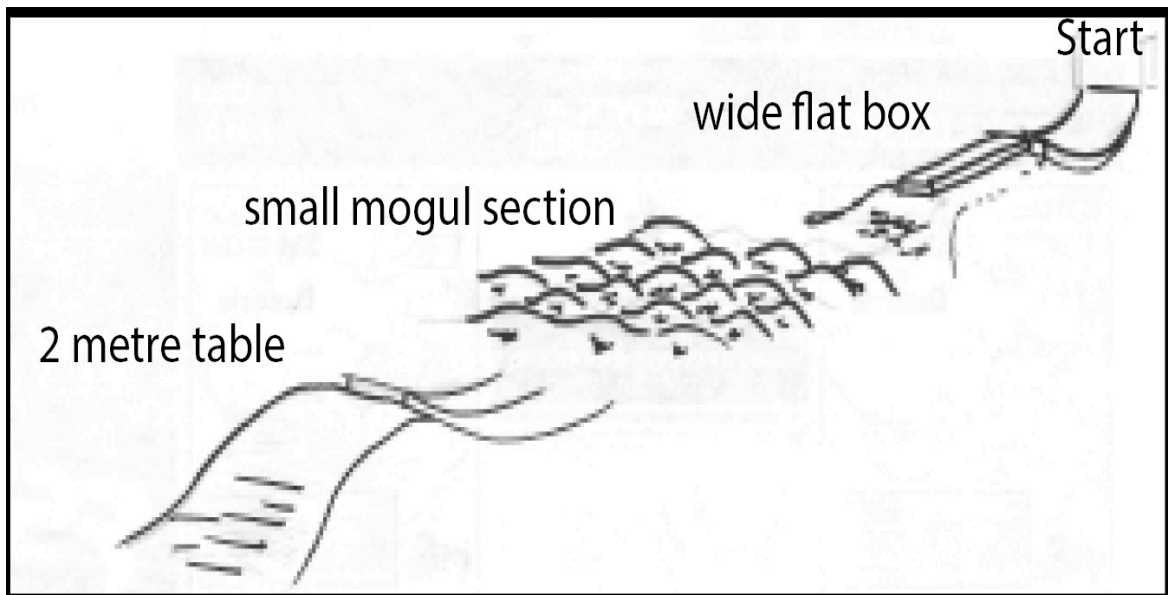
Athletes: This event is best suited for groups of no more 40 at a time – larger groups can run alternative time blocks.

Start: Athletes ski the course in groups with their coach – they also lap other runs and features. Scoring: Hand scoring with comments that can be posted for viewing. This can be run as JB level testing day as well.

Results: No rankings or medals – wrap up with draw prizes – ideally these are small and everyone gets something and special recognition (best run, best crash, most creative run, etc – coaches provide input.) JB stickers can be awarded

More Resources:

Note This course is a great legacy entry-level terrain based learning centre for resort after the event and will help build appetite for Can Freestyle programs.



#2. Jumps and Bumps Fun Days

Purpose: Create a special event feel, start gate experience, and also can be integrated with level tests and stickers given out. Great for both new skiers

and skiers ready to get the feel of a “competition” This can be run on green mogul run or small park or small halfpipe.

Overview: This event is well documented in the Jumps and Bumps Section on the Freestyle Canada Website under the Can Freestyle Programs, under the “Jumps and Bumps Special Event Guide”

Format: See Jumps and Bumps Special Event Guide! Call it the skiers “Olympic Test Run”

Athletes: Can Manage 20 – 80 athletes (If more than 40 run stations) and use Can Free 1 and 2 or Try Freestyle license

Start: Run athletes in group with coaches

Scoring: Recruit two coaches to be the judges, and a recorder who will hand record. Use simple 1 – 100 scale for each event – create a comments column for coaches to say things like – “Great speed, work on keeping your hands in front” – or “Good air, Try and bend those knees more!”

Results: No rankings or medals – wrap up with draw prizes – ideally these are small and everyone gets something and special recognition (best run, best crash, most creative run, best smile etc – coaches provide input.) JB stickers can be awarded. If you are going to have a podium consider inviting every athlete up for a chance to stand on the podium one at a time for a good photo opportunity. If scores were taken, never publish the scores or share to parents. Scores can be used by coaches as a measurement.

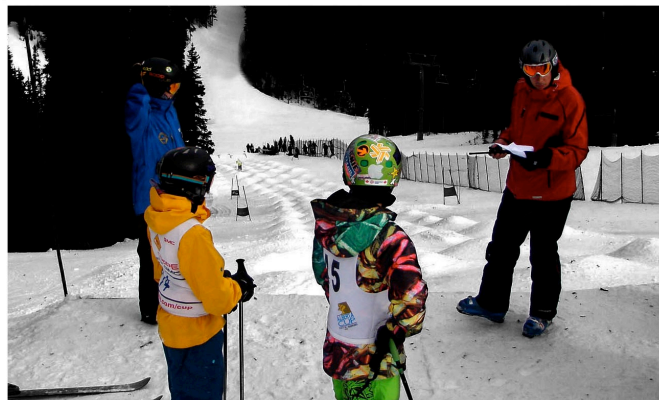
More Resources: There are lots of JB support resources to download or order at <http://freestyleski.com/club/jumps-bumps/>

#3. Aussie Rules - Moguls



Overview: The Australians created this moguls format for their interschool events – it is an easy way to get lots of kids through lots of runs and give a good indicator of how well their mogul skills are developing. Alberta freestyle has used this very successfully for their club level events. Format: The course can vary in length (80- 150 m) pitch (20-25 degrees green/blue runs) mogul size and jump configuration, but generally there is one jump with no moguls on the landing to increase safety. Skiers run with 10 seconds between runs and there is no timing. No flips – but entry level corked skills and spins and upright jumps are allowed. Course gets slipped through the day. This can be run as a Freestylerz format.

Athletes: This event is best suited for large groups up to 200 is possible with side by side courses.



Start: Athletes ski the course in groups with their coach – they also lap other runs and features.

Scoring: See the sample judge cards below. Laminate the criteria on large cards for judges to reference, and print judge scorecards to record judge's scores. There are 2 turn and one air judge – and judges call their score out to the recorder to keep things moving quickly. (no math!) Scorers enter hand-recorded scores into a spreadsheet.

Results: No rankings or medals for U10. Again wrap up with draw prizes – ideally these are small and everyone gets something and special recognition (best run, best crash, most creative run, best smile etc – coaches provide input.) JB stickers can be awarded. U14 and U12 athletes can be awarded ribbons or medals if they have been training for the event, but it is not necessary.

For full Aussie rules PDF Contact meredithgardner@freestyleski.com

Division 4 & 5 Moguls Judging Card

Bib #	Name																								Judge 3 Air	
Category	Very Poor					Poor					Average					Good					Excellent					
Spread Eagle	0.20	0.40	0.60	0.80	1.00	1.20	1.40	1.60	1.80	2.00	2.20	2.40	2.60	2.80	3.00	3.20	3.40	3.60	3.80	4.00	4.20	4.40	4.60	4.80	5.00	
Back Scratcher	0.20	0.40	0.60	0.80	1.00	1.20	1.40	1.60	1.80	2.00	2.20	2.40	2.60	2.80	3.00	3.20	3.40	3.60	3.80	4.00	4.20	4.40	4.60	4.80	5.00	
Iron Cross	0.22	0.44	0.66	0.88	1.10	1.32	1.54	1.76	1.98	2.20	2.42	2.64	2.86	3.08	3.30	3.52	3.74	3.96	4.18	4.40	4.62	4.84	5.06	5.28	5.50	
Twister	0.24	0.48	0.72	0.96	1.20	1.44	1.68	1.92	2.16	2.40	2.64	2.88	3.12	3.36	3.60	3.84	4.08	4.32	4.56	4.80	5.04	5.28	5.52	5.76	6.00	
Safety Grab	0.26	0.52	0.78	1.04	1.30	1.56	1.82	2.08	2.34	2.60	2.86	3.12	3.38	3.64	3.90	4.16	4.42	4.68	4.94	5.20	5.46	5.72	5.98	6.24	6.50	
Daffy	0.28	0.56	0.84	1.12	1.40	1.68	1.96	2.24	2.52	2.80	3.08	3.36	3.64	3.92	4.20	4.48	4.76	5.04	5.32	5.60	5.88	6.16	6.44	6.72	7.00	
Kossack	0.28	0.56	0.84	1.12	1.40	1.68	1.96	2.24	2.52	2.80	3.08	3.36	3.64	3.92	4.20	4.48	4.76	5.04	5.32	5.60	5.88	6.16	6.44	6.72	7.00	
Other Grab	0.32	0.64	0.96	1.28	1.60	1.92	2.24	2.56	2.88	3.20	3.52	3.84	4.16	4.48	4.80	5.12	5.44	5.76	6.08	6.40	6.72	7.04	7.36	7.68	8.00	
Double	0.36	0.72	1.08	1.44	1.80	2.16	2.52	2.88	3.24	3.60	3.96	4.32	4.68	5.04	5.40	5.76	6.12	6.48	6.84	7.20	7.56	7.92	8.28	8.64	9.00	
180	0.36	0.72	1.08	1.44	1.80	2.16	2.52	2.88	3.24	3.60	3.96	4.32	4.68	5.04	5.40	5.76	6.12	6.48	6.84	7.20	7.56	7.92	8.28	8.64	9.00	
180 w pos/ grab	0.38	0.76	1.14	1.52	1.90	2.28	2.66	3.04	3.42	3.80	4.18	4.56	4.94	5.32	5.70	6.08	6.46	6.84	7.22	7.60	7.98	8.36	8.74	9.12	9.50	
Triple	0.42	0.84	1.26	1.68	2.10	2.52	2.94	3.36	3.78	4.20	4.62	5.04	5.46	5.88	6.30	6.72	7.14	7.56	7.98	8.40	8.82	9.24	9.66	10.00	10.00	
360	0.48	0.96	1.44	1.92	2.40	2.88	3.36	3.84	4.32	4.80	5.28	5.76	6.24	6.72	7.20	7.68	8.16	8.64	9.12	9.60	10.00	10.00	10.00	10.00	10.00	
360 w pos/ grab	0.49	0.98	1.47	1.96	2.45	2.94	3.43	3.92	4.41	4.90	5.39	5.88	6.37	6.86	7.35	7.84	8.33	8.82	9.31	9.80	10.00	10.00	10.00	10.00	10.00	
Criteria: DIVISION 4-5	Height/Distance Landing Execution Variety					Codes: S = Spread T = Twister X = Iron Cross D = Daffy					B = Back Scratcher K = Kosack J = Japan air G = Grab					Total Score										

Bib #	Name				Judge 2 Turn
Turns					Total
Agression/Control		Very Good		8.1 - 10.0	
Fall Line		Good		6.1 - 8.0	
Carving		Average		4.1 - 6.0	
Absorb/Extension		Below Average		2.1 - 4.0	
Upper Body		Poor		0.1 - 2.0	
Deductions					
0.1 - 0.5	Minor touch without stop			Total Score	
0.6 - 1.0	Medium touch without stop				
1.1 - 1.5	Major fall or complete stop				

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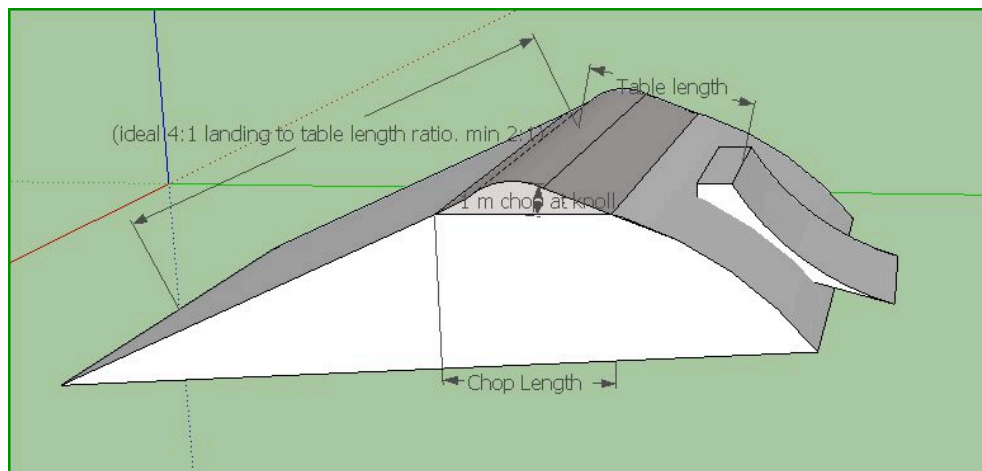
Freestylerz/Learn To Train Competitions: (See Learn To Train Terrain guidelines)

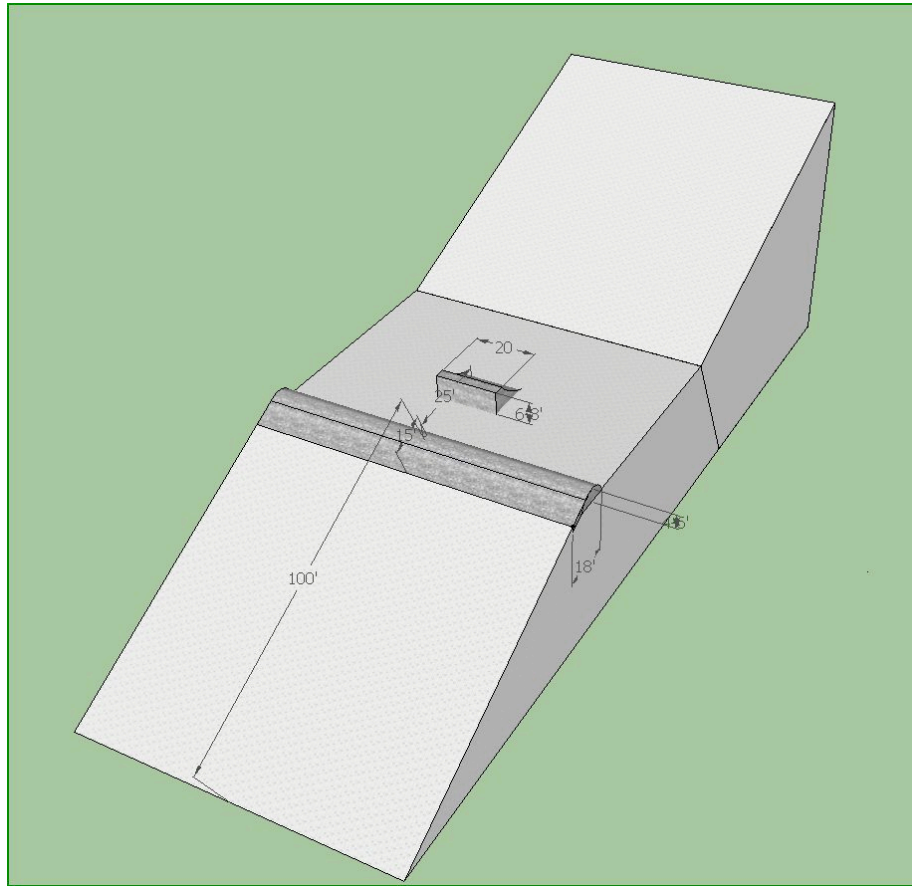
Overview:

When planning and preparing for competitions for Freestylerz think about the following recommended guidelines:

- o Include Big Air /Acrobatics events with appropriate sites where the landings are kept in good shape, and softened and then stepped.
Focus on acrobatics quality of air including:
 - ✎ balanced take-off with lift (extension on take-off rather than collapse)
 - ✎ control of rotations and spins and ability to make adjustments in the air,
 - ✎ spins in both directions
 - ✎ creating appropriate 'form' e.g. hold grabs, tuck position, performance with style.

Here are two different styles of Air Sites contributed by Nova Scotia Head Coach Thor Durning. These are great sites for kids mastering bigger spins and learning inverts. With the addition of a smaller jump 10-15 from the knoll this would work for a wide range of Freestylerz level athletes. Ideally your ski resort will give you a quiet closed off space outside the park where you can safely run training and events.





Here is a sample of a season plan for 3 Freestylerz
 Formats events from the Freestylerz Program Guide.
 Download these resources from
<http://freestyleski.com/club/freestylerz/>

Limit competitions to 3 event starts – 1 per month with event formats tailored to support skill development seasonal plan for example:

“Limit competitions to 3 event starts in snow season – approx. 1 per month with event formats tailored to support skill development seasonal plan for example:

- EVENT #1 Jan – Around week #4 of your program Skills assessments run in combination with fun Slopestyle/Moguls – event includes criteria in:

Skiing
 Moguls turn timing in wave tank
 Box/Rails positioning
 Air Take-off

- EVENT #2 Feb. Formats focus on assessing air basic skills from Fz Goal Book (good takeoff, with lift, spin both directions, front and back tuck + athlete fun skills)
- EVENT #3 March – combined event Big Air, Slopestyle, Moguls – criteria stays consistent with skills e.g. pay attention to switch and forward take-offs, spinning both ways.
- Aug Water ramp and/or tramp events – assessment/criteria on well-rounded Fz skills.

Formats: Jam Formats are great at this stage. Athletes get as many runs as they want in a set period of time and is designed to maximize the amount of runs athletes can get in a competition and to energize progression. The athletes declare to the starter when they want their run to be judged and the starter radios the information to the head judge. Other Jam formats have the judges score based on the what they see over the whole period of the Jam without the athlete declaring anything. The Freestyle Canada Win Free scoring program can easily manage Jam Formats.

Athletes: Jam Format event run well with fields of 80 or less athletes.

Heat 1 40 athletes

Train 9 am – 9:30 am

Jam 10:45 – 11:45

Heat 2 40 athletes

Train 12:00pm- 1:30pmPM

Jam 1:45 – 2:45 PM

Start: U12 athletes need to stay with their coach and be supervised through the day. This format allows organizers to run two or more stations if they wish through the day as well.

Consider running two tiers Fz1/Fz2 if there is a clear split in ability

Scoring: An Air Scoring spreadsheet is available like the Aussie rules to provide a quick matrix for scoring. Win Free is flexible to manage Freestylerz Formats. Note judge panels at this stage should never exceed 3 judges plus a head Judge.

Use of technology/ equipment and resources to hold events should be lowered for ease of delivery by new officials. Officials are volunteers and coaches at this level.

More resources: Contact meredith@freestylecanada.ski

Provincial/Regional TEAM Event Recommendations

Every Freestyle Canada member Territorial and Provincial Sport Organization in Canada has jurisdiction over their Provincial Series and Regional/Club level events. (Note branded as the 'Timber Tour' in BC and Ontario.)

The T/PSO's also provide direction, support and education opportunities for Local Organizing Committees (LOC's), officials and judges.

All events offered by Freestyle Canada member clubs and T/PSO's can be sanctioned and insured by Freestyle Canada if:

The sanction is applied for and approved by Freestyle Canada

The athletes, coaches and major officials have current Freestyle Canada licenses

The Freestyle Canada governing rules and procedures are followed

The Canadian Snowsports Associations' (CSA) risk management guidelines are met

Coaches are supervising athletes within the scope of the coach's competency (detailed descriptions can be found at <http://freestyleski.com/coach/training-programs/>)

Event and club sanctions can be revoked if the event organizers are found not to be following risk management standards that are acceptable to Freestyle Canada, including having coaches working within the scope of their training and certification.

Freestyle Canada shares system and rule updates through the 'PSO Team' and posts rules etc on the Freestyle Canada website.

If you have questions or concerns, contact: meredith@freestylecanada.ski

PSO Provincial Event Resources

<http://abfreestyle.com/wp-content/uploads/2014/08/Event-Hosting-Guide-2014.pdf>

[http://static1.squarespace.com/static/5644e900e4b0d6ca7d806b24/t/567374b6841aba5776140509/1450407094582/120122013 timber tour rules and guidelines.pdf](http://static1.squarespace.com/static/5644e900e4b0d6ca7d806b24/t/567374b6841aba5776140509/1450407094582/120122013+timber+tour+rules+and+guidelines.pdf)

<http://fqa.com/documentation/>

Canada Cup Event Guidelines

1.0 Purpose

The purpose of The Canada Cup series is as follows:

- To provide quality competitive opportunities for athletes primarily at the Learn-to-Compete (“L2C”) Stage.
 - Train to Train (T2T) provincial athletes may transition into local Canada Cup events as they are ready to move up with their coach’s guidance. As well, Train to Compete (T2C) NorAm athletes may use Canada Cup at times for optimal training or return to play
- To provide more experiences of skiing in a FINAL for L2C athletes.
- Through specific formats, provide the opportunity for athletes experience the starting gate more.
- To provide sustainability through high quality training venues to optimize skill development beyond the competition
- To create opportunities for comparison of skill development between Provincial/ Territorial Sport Organization’s (“P/TSO”) (Divisions) and regions. On the same point, to compare athletes between PSO & NSO programs.
- To provide data for a National Ranking system for athletes at the Learn to Compete stage for selection to Provincial and HPAD Team Programs (e.g. Provincial Teams).
- To identify, track and monitor athlete development as athletes progress towards the high performance stream.
- Start to prepare athletes for the international stage.
- These events also are key mentoring and development opportunities for the Freestyle Canada Competition system including C/B level judges and aspiring national level official, Supercoach and Comp Dev coaches.

2.0 Canada Cup Events

The Canada Cup includes the following events and disciplines:

- Canadian Selections (Moguls) *
- Canadian Open Tour (Slopestyle & Halfpipe & Big Air)
- Canadian Series (Moguls & Dual Moguls)
- Canadian Junior Freestyle Skiing Championships (Moguls, Dual Moguls, Aerials, Slopestyle, Big Air and Halfpipe)

- Canadian Freestyle Skiing Championships, consisting of Moguls, Dual Moguls, Aerials *

*Events have FIS designation. Athletes require a FIS license to compete in event. Inquiries for FIS licenses can be made to James Anderson: jamesanderson@freestyleski.com.

3.0 Athlete Eligibility

There are different level of events in the Canada Cup circuit, teams will need to refer to the specific event invitation and the athlete eligibility below to learn the event eligibility. Organizers should communicate clearly that these events are for Learn To Compete stage athletes.

General Eligibility or readiness:

- LTAD Stages:
 - Learn to Compete,
 - Experienced Train to Train athletes who need to experience higher level of events can enter Canada Cup events instead of regional events. Consideration is based on:
 - Skill maturity and coach recommendation
 - A coach recommendation including verification athlete ability to manage terrain.
 - A PSO letter of recommendation
 - Approval by Director of HPAD.
 - Potential age requirements.
 - Train to Compete athletes who are looking for more competition experiences.
- All athletes must have a minimum of a Can Free Level 3 License. Please consult event invitation for specific license requirements.
- Air Qualification is required for all inverted maneuvers, as designated by a Certified Air coach. Organizers can ask for the athlete passport at any time during an event.
- For the FIS Canada Cup events, athletes must be 14 years of age and have a FIS license.
- Some events have age categories and entry is dependent on age, such as Jr Nationals.

Canada Cup Policy for National Program Athletes

National Team athletes may at times attend Canada Cup events as part of their training and recovery with approval from their coach.

If a Freestyle Canada National Team program athlete qualifies for the finals, they will not take a finals spot away from a non-national team athlete. For example, if 2 National team athletes qualify for a final of 16, the athletes ranked 17th and 18th from qualifications will also be added to the finals (unless these athletes are also with the National Team).

National Team athletes will be ranked on the official final results, and are eligible for medals and prize money.

For Canada Cup Rankings, National Team Athletes are not eligible for the Canada Cup Champion trophies .

Canadian Selections Athlete Eligibility (FIS)

- FIS age required: 14 as of January 1st in the year of the event

Quotas: 20 per province, athletes need to meet the following criteria to enter the competition. * *Please note, Provinces do not need to fill their quota.*

- All Provincial Team athletes (NorAm and PSO development groups) are automatically qualified.
- Club athletes who made one Finals at a Canadian Series event (singles or duals) in the previous season December 1 to April 30 of each year.
 - Injury clause could be in effect under the guidance of the individual PSO. Normally this clause goes backwards the number of events the athlete has missed & supported by a dr note.

Senior Nationals Athlete Eligibility (FIS):

- FIS age required: 14 as of January 1st in the year of the event
- National Team Athletes automatically earn a spot
- Athletes who have earned a Nor-Am spot in the current season

Remaining spots will be allocated based on:

- Canada Cup Rankings following the most recent Canadian Series event
- Athlete must meet Can Selection MPL to be eligible (in the current competition year):

- Club athletes who made one Finals at a Canadian Series event (singles or duals) in the previous season December 1 to April 30 of each year. Injury clause could be in effect under the guidance of the individual PSO.

4.0 Calculation & Announcement of Awards

All scoring shall be calculated on the WinFree Scoring System or the World Cup Lite and/or AFP scoring system. All results, immediately after having been made official, shall be transmitted via email to:

the Freestyle Canada Competitions Coordinator
(patrickbreault@freestyleski.com),
the Freestyle Canada Communications Manager
(Georgefadel@freestyleski.com) and the High Performance Athlete
Development Director (juliesteggall@freestyleski.com).

Scores taken by the scorekeeper shall be considered unofficial scores. Whenever possible, unofficial scores should be announced to the public over loudspeakers

Official Results:

The official results **must** contain the following information:

- Must include Freestyle Canada and sponsor logos placed as per Canada Cup Event Agreement and the Canada Cup event operations tool box.
- Name of competition
- Site of competition
- Date and time of competition
- Discipline
- Round i.e: Qualification, Final or Heat #
- Name of host club
- Main course specifications
- Competitor's names, bib numbers, home club or PSO
- Complete scoring calculations (Jr Nationals has specific format – Moguls)

The official results are made official following an inspection by the Chief of Scoring, the Technical Delegate and the Head Judge, and by the application of their signatures.

Results from qualifiers, semi-finals and finals must be published

OC is responsible for distributing results to PSO and Freestyle Canada.

Ties will be broken using F.I.S. and AFP methods. Refer to Judging Manual.

Junior National Score Calculations must include the following:

- Results by discipline, by age category +
- Results overall by discipline (No age category) +
- Combined event totals:
 - o Slopestyle & Big Air & Halfpipe
 - o Moguls & Aerials

5.0 Canada Cup Ranking

The “Canada Cup Ranking” Criteria will be published annually by the Freestyle Canada High Performance Athlete Development Director and posted on the Freestyle Canada website under HPP Policies.

The Current Canada Cup Rankings will be posted on the Freestyle Canada website on the “Driven to Perform Leadership Board.” In the main section.

The Canada Cup Ranking will be updated after every event.

8.0 Event Formats

Overall format guidelines:

- There will be some variation in formats, event execution, to serve the needs of two primary stages of athletes, discipline needs and level of events.
- Course specifications are aligned with the Can Freestyle Terrain Guidelines. Refer to the Table of Contents for the Terrain Guidelines.
- Ensure safe freestyle environment for all athletes and strive for the Female venue specifications to be within the capacity of the Learn & Train to Compete Female.
- Equal male to female quota available at registration.
- Equal awards and prize money for disciplines and gender where applicable.
- Provide equal competitive experiences to each gender and opportunities in the Qualification and Final rounds through an elimination experience.
- Effective time allocated for training which may separate males and females in some cases.
- Organizers and the Jury are responsible to ensure that event formats are fair, the schedule has effective timing, and formats are well communicated.

Field Sizes

Field sizes are to be within 80 – 100 athletes. The overall field size must reserve 50% spots for Females and 50% Males.

Organizing committees can determine their field size (cap) along with Freestyle Canada Competition Coordinator dependant on the following factors:

- specific Quota requirements,
- format required for the event as described below in format section,
- amount of daylight hours,
- mountain operations i.e. chair lift turn around times.

Unused Spots: Any unused spots may be moved to the other gender as of 3 weeks prior to the first day of training. This timeline is after priority or Quota registration and before final registration deadlines. Again, Freestyle Canada will help manage this.

Quotas

Quotas will work within the determined field size and will be allocated by Freestyle Canada to T/PSO for the following events. Freestyle Canada has specific quotas for:

- Junior Nationals
- Canadian Selections, described in the Format Charts below

Jr National Quotas:

Jr National Quota policy is based on the PSO membership numbers from the previous year. The Freestyle Canada Sport Development Director will distribute the policy by December 1st each year and manage these quotas on an ongoing basis as per the protocol in the policy. CFSA will use the existing quota system for 2016 Junior National Championship and specifically:

PSO' must allocate their spots in the following groupings: (athletes will not be able to receive individual discipline spots for MO, DM, SS, HP, BA)

1: Slopestyle Big Air and Halfpipe

2. Moguls/Dual Moguls/Aerials*, Traditional Aerials.

*20 spots will be held for aerials program specialist athletes so maximum aerials field size will be 120 - while all mogul athletes are highly encouraged to participate in aerials based on past registration Freestyle Canada anticipates a maximum field of 80 for aerials, Freestyle Canada staff will work with PSO's directly to register moguls athletes for the aerials event.

Aerials will include a single kicker, hybrid (single) mogul jump, and an upright floater jump. Switch take-offs, switch landings and off-axis tricks are not permitted in aerials.

PSOs are responsible for managing and executing their own selection criteria for their quota as allocated by Freestyle Canada. PSO selection criteria must align with the Freestyle Canada principles for the Train to Train athlete and Jr Nationals.

Canadian Series and COT events

Neither of these events have quotas, there are early registration priorities given to PSO & HPAD athletes. See the Registration Timelines in section 10. Freestyle Canada may institute quotas or minimum skill benchmarks if required by demand.

Out of Country / Foreign Quotas Canada Cup Athlete Policy

Non-Freestyle Canada members may apply to register for Canada Cup events and are managed by Freestyle Canada – any inquiries can go to:

patrick@freestylecanada.ski. These spots are called Foreign Quota, and Freestyle Canada has reserved a Foreign Quota for the different Canada Cup Events. Some requirements are:

- Approval letter stating:
 - Athlete is in good standing with their country and FIS
 - Proof of insurance covering extreme sport for any required medical emergency treatment, evacuation, costs of travel or accommodation during emergency, coverage in the case of extended disability while in Canada or death (transport of body).
- May need to meet a minimum FIS point requirement to enter the Canada Cup FIS events.

Please visit the charts below to see the Quota rules for each event

Moguls

EVENT	FIELD SIZE & QUOTA	ELIGIBILITY	FORMAT	
<p>Canadian Selections</p>	<p>National Team program athletes have priority</p> <p>10 Foreign spots</p> <p>20 spots per QC, ON, AB, BC.</p> <p>Smaller provinces will be accommodated upon athlete eligibility.</p> <p>Early Registration: National, PSO & Foreign teams will have priority until 5 weeks prior to 1st training day.</p>	<ul style="list-style-type: none"> • FIS age required: 14 as of July 1st in the year of the event • National Team Athletes automatically earn a spot • Member of a PSO Team Program, Development or Elite • All other athletes must meet Can Selection MPL to be eligible: <ul style="list-style-type: none"> - athletes who made one Finals at a Canadian Series event (singles or duals) in the previous season December 1 to April 30. Injury clause could be in effect under the guidance of the individual PSO. <p>Foreign Athletes need to be approved by their country and Freestyle Canada.</p>	<p>QUALIFICATION: Best of two runs</p> <p>FINAL: 1 run, top 40% from qualification with a minimum of 6 athletes and a maximum of 20 athletes.</p>	
	<p>Canadian Series</p>	<p>Field Size: 80-100</p> <p>Early Registration clause for HPAD Teams (PSO & NextGen)</p> <p>Foreign Quota: 5</p>	<p>No Eligibility criteria but coaches need to make sure athletes are ready to take on the course specifications and relative skill level.</p>	<p>SINGLE: QUALIFICATION: Best of two runs FINAL: 1 run, top 40% from qualification with a minimum of 6 athletes and a maximum of 20 athletes.</p> <p>DUALS: QUALIFICATION: Single run. FINAL: Up to top 32 seeded from qualification.</p>
		<p>Senior National Championships</p>	<p>Field Size: 80-100</p> <p>National Program athletes have reserved spots</p> <p>Athletes are selected based on eligibility, no PSO quotas</p>	<ul style="list-style-type: none"> • FIS age required: 14 as of January 1st in the year of the event • National Team Athletes automatically earn a spot • Athletes who have earned a Nor-Am spot in the current season <p>Remaining spots will be allocated based on:</p> <ul style="list-style-type: none"> o Canada Cup Rankings following the most recent Canadian Series event

	Foreign Quota: 5, released 5 weeks prior	<ul style="list-style-type: none"> • Athlete must meet Can Selection MPL to be eligible (in the current competition year): <ul style="list-style-type: none"> o Club athletes who made one Finals at a Canadian Series event (singles or duals) in the current or previous season December 1 to April 30 of each year. Injury clause could be in effect under the guidance of the individual PSO. 	FINAL: Dual format for up to top 24 from qualifications. Top 8 athletes have a "buy" and the rest are seeded from Qual results.
Junior National Championships	Field Size: 80-100	AGE CATEGORIES: U14 (12 & 13) U16 (14 & 15) U18 (16 &17) Age categories can be merged if needed.	SINGLES: Best of 2 runs * Speed points: pace set will be determined after the 1st run by taking the top 3 athletes (determined by turn & air scores - no speed) and averaging the 3 times.
	Jr National Quota Policy to be posted by December 1st: Quotas will be given to PSOs for each athlete to enter both Aerial, Mogul & Duals events.		DUALS: Dual from the start, seeded from Single event, run by age category.

Aerials

EVENT	FIELD SIZE & QUOTA	ELIGIBILITY	FORMAT
<p>Sr National Championships</p>	<p>No field size or quota restrictions</p>	<p>No Eligibility criteria</p>	<p>QUALIFIER: Best of 2 Jumps. FINAL: Best 2 of 3 jumps. Top 50% Elimination from qualification, can repeat jumps.</p>
<p>Junior National Championships</p>	<p>Filed Size: 80 – 100 Aerials: 20 spots are to be saved for the Aerial specialist athletes. Jr National Quota Policy to be posted by December 1st: Quotas will be given to PSOs for each athlete to enter both Aerial, Mogul & Duals events.</p>	<p>AGE CATEGORIES: U14 (12 & 13) U16 (14 & 15) U18 (16 & 17) Age categories can be merged if needed.</p>	<p>Sum of best 2 jumps out of 3</p>

Slopestyle & Halfpipe & Big Air

<p>Canadian Open Tour</p>	<p>Recommended field size of 80 Early Registration: PSO & HPAD teams will have priority until 4 weeks prior to 1st training day. Foreign Quota: 5, released 4 weeks prior</p>	<p>No Eligibility criteria but coaches need to make sure athletes are ready to take on the course specifications and relative skill level.</p>	<p>QUALIFICATION: best of 2 runs, heats of 20 - 25. FINAL: Men & Women: Top 40% of Qualification field move to final with a minimum of 6 and maximum of 24, # of heats and # of athletes to be decided at the first Team Captains meeting - dependent on registration & final field sizes.</p>
<p>Junior Nationals</p>	<p>Filed Size: 80 – 100, Aerials: 20 spots are to be saved for the Aerial specialist athletes. Jr National Quota Policy to be posted by December 1st: Quotas will be given to PSOs for each athlete to enter all disciplines; SS / HP / BA</p>	<p>AGE CATEGORIES: U14 (12 & 13) U16 (14 & 15) U18 (16 &17) Age categories can be merged if needed.</p>	<p>Best of two runs in heats by age category and gender. Maximum heat size of 25. *Age categories can be merged in one heat, when needed.</p>

9.0 Invitation Requirements

The Organizing Committee will distribute the Official Event Invitation to the PSOs no later than 60 days before the first day of Official Training. The invitation must include the following:

- Quotas (if applicable)
- Athlete Eligibility
- Registration link, fees, dates and deadlines;
- Can Free License requirement (and any other prerequisites)
- If the event has FIS Status
- FIS License Requirements
- Event schedule;
- Time and location of first team captain's meeting;
- Accommodations;
- Banquets and ceremonies;
- Names of key Organizing Committee members;
- Names of key technical officials, if available
- Confirmed Sponsors with logo placement as per Event Agreement

10.0 Entry Fees, Refunds & Registration Timelines

The following ranges of entry fees are recommended guidelines. The LOC has the final decision of entry fee based on the event budget.

- 1 day event \$160 - \$180
- 2 day event \$180- \$200
- 3 day event \$200- \$220
- 4 day event \$220-\$240

Freestyle Canada Cup Fees \$20 per athlete included in registration fees to be invoiced by Freestyle Canada after the event once the final registration is confirmed.

Refund Policy

Once an athlete is confirmed on a start list, refunds will not be issued. In the case of an injury the coach or parent must notify the registration desk, to inform that an athlete is injured and unable to ski **before the Team Captains meeting the day before** competition day. In this case athletes are entitled to partial refunds of

up to 50% per event. Requests for refunds for other extraordinary circumstances shall be considered only at the discretion of the Organizing Committee. If an event is cancelled due to weather or exceptional circumstances no refunds will be provided. (The organizing committee has already incurred all costs for the event)

Registration Timelines

The early PSO registration policy for COT and Canadian Series has been created to ensure PSO & HPAD athletes have an opportunity to register and secure a spot at these events.

The host T/PSO must distribute invitations through the Canada Cup Coordinator & the T/PSO and include the details of the PSO team registration deadlines, 2 months prior to the first day of training.

*These timelines need to be included in event invitation.

- 60 Days: invitation publish & circulation deadline
- 60 Days: Priority Registration opens for 1 week
- 7 weeks before first day of official training: OPEN registration opens
- 2 weeks before training: registration closed
 - Wait List can be kept if registration is full. When spots open up, athletes will be notified.
 - If open spots remain, eligible athletes can register up until Team Captains meeting the day before the event.

11.0 Canada Cup Bid Application

The Canada Cup Bid Application will be released in March for the upcoming season. The Bid Application will include:

- Minimum course specification requirements
- Organizing Committee Roles
- Application Outline
- Support letter from Resort
- Support letter from PSO if PSO is not submitting.

A club, PSO or resort wishing to organize a Canada Cup event must complete the Bid Application and meet all minimum course specifications.

The Bid Application deadline will be before July 1 of every year.

Canada Cup Hosting Resort Clubs will be notified by August 1st.

All Canada Cup Host Resorts and Organizing Committees must complete an Event Agreement with Freestyle Canada

12.0 Slopestyle Knoll Master Risk Management Plan Protocol

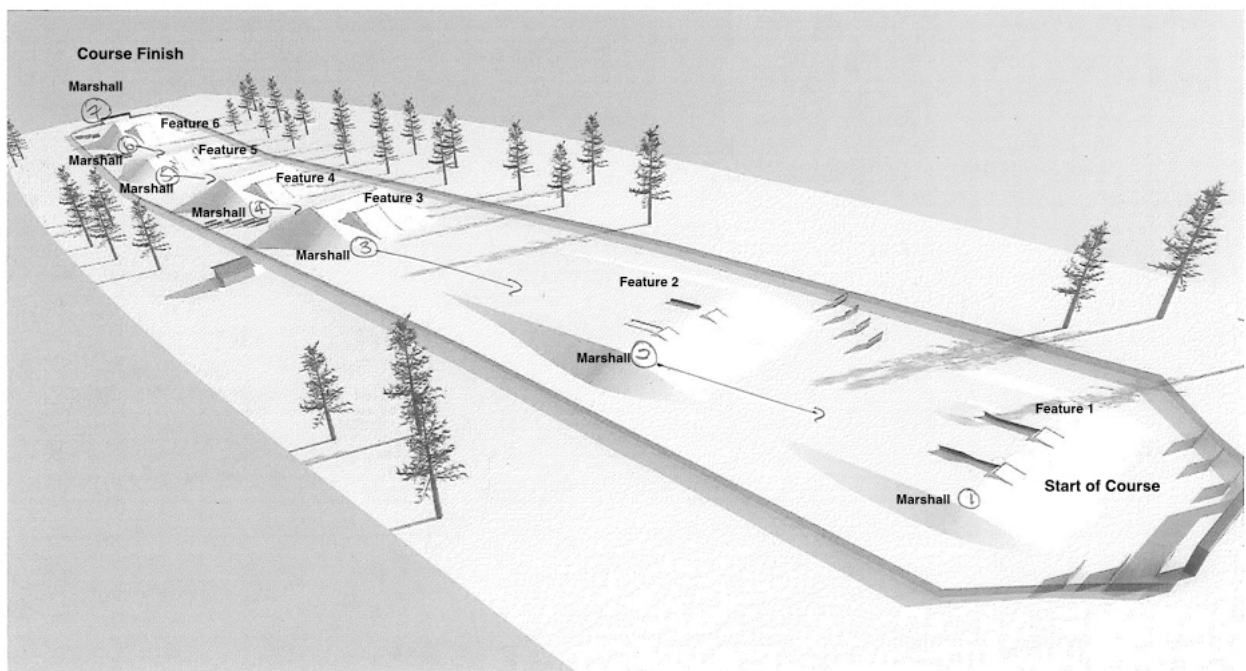
All Canada Cup Slopestyle Events must adhere to the following Knoll Master Risk Management Protocol.

12. Slopestyle Knoll Master Risk Management Plan

Training: During Training, Marshalls are located at take offs looking at landings above.

Example: If an athlete crashes on landing of Feature 3, Marshall #4 calls for a 'stop start'. Marshall 1,2 & 3 stops riders.

Event: During the event, Marshalls are located at knuckle of each Feature



Contributed by Whistler Blackcomb

13.0 Emergency Action Plan (EAP) and First Responders (Ski Patrol)

13.1 All Canada Cup Event Organizers must complete and submit an Emergency Action Plan to the Freestyle Canada. The Emergency Action Plan must have the following information:

- 13.1.1 Name of Lead Ski Patrol;
 - 13.1.2 Competition venue medical services, including number and location of ski patrol and appropriate medical equipment;
 - 13.1.3 On-site accident response protocols;
 - 13.1.4 Transportation protocols for patient transport to a medical facility, including ground and air ambulance transport (if necessary);
 - 13.1.5 Location of nearest hospital and Level 1 Trauma Centre;
 - 13.1.6 Maps of all medical facilities in relation to Host Mountain
- 13.2 The Event Organizer shall provide a minimum of 2 ski patrollers on competition sites at all time; this includes training and competition days. If an athlete is injured and if both Ski Patrollers are required to escort athletes off the course, the competition must not begin until 2 Ski Patrollers have returned to the top of the course. Ski Patrollers must be registered Members of the Canadian Ski Patroller System.

14.0 Canada Cup Rules

Canada Cup Rules follow ICR Rules as guidelines. The following Canada Cup rules are adaptations for this level of competition.

14.1 Interruption of Competition, as listed in ICR 3060.2.4

If there is an interruption of a competition, the competition should be resumed when conditions warrant. The results completed before the interruption will remain valid if it is possible to complete the competition on the same day.

Otherwise, the results prior to the interruption will be cancelled except if the Qualifications or some phases or rounds of the finals have been fully completed. In that case, only the uncompleted Finals phases will be postponed but must be completed on the same competition site. If the Finals cannot be fully completed the results of the Qualifications or different phases of the Final will be valid.

There is no expectation to have a weather day planned because the cost to an Organizing Committee is prohibitive.

14.2 Snow Control date

All Canada Cup Hosts are expected to demonstrate capacity to build a course that meets Canada Cup Terrain Specifications 1 week out from the first training date. In the event of poor snow conditions, the OC and Freestyle Canada will work on an alternative plan a minimum of 3 weeks from first training day.

14.3 Loss Of Skis

Athletes who lose a ski in Moguls, Dual Moguls or Slopestyle will have 10 seconds to replace their skis and continue with their competition run. If the athletes do not replace their ski within the 10 second time limit, the athletes' performance will be judged up to the point where the ski fell off. If both skis fall off they will be scored to that point.

14.3.1 DNF Senior Nationals

The exception is Senior Nationals where skiers are awarded a DNF following FIS ICR: 13.4 3058.7 For loss of ski(s) or stopping for more than 10 seconds during the Mogul competition (4206.2.1).

14.3.2 Re-run Aerials

In the Aerials competition a re-run may be granted for loss of ski(s) after take-off and before landing. Only one such re-run shall be granted for each phase.

14.4 Pace Set Time - Moguls

Pace Set Time Rules

- FIS events will use the current FIS rule 4204.2
- Canadian Series will use last year's FIS Pace Set: Men = 9.7 meters / sec, Women + 8.2 Meters / sec.
- Jr Nationals: pace set will be calculated after the 1st run by taking the top 3 athletes, determined by combined turn & air scores – (no speed,) and averaging the 3 times. Speed points will then be calculated by using this pace set TIME.

14.5 Timing

All Canada Cup, events that use timing, will ideally have back up electronic timing, and also are required to have back-up hand timing. It is

recommended to use Time of Day settings in establishing lap times for runs.

In the case that hand-timers are required the designated “A” hand timing will be used, unless the TD ascertains that the “B” hand timing is more accurate and will therefore be used in any need to for hand timing.

14.6 Alterations to The Course

Coaches and athletes are prohibited from making changes to the course without the permission of the Chief of Course specifically jump take-offs.

It is noted however at the Canada Cup level that coaches should provide feedback on course/jump safety, and any specific concerns about course safety should be brought to the attention of the Chief of Course as feedback throughout the day, with formal feedback at Team Leaders Meetings.

If coaches and or athletes feel a safety issue is not addressed, at that point the connection coach should immediately bring the issue to the attention of the Jury, and recognized minimum Air4B certified experts consulted.

14.7 Protests

All Canada Cup Level coaches should be familiar with the ICR 3050 regulations around protests. It may fall onto to the TD to educate the coaches on this section if there is a problem which requires an official protest.

A formal written protest is required at the Canada Cup, however a deposit is not required.

In the event that a coach brings forward a concern to a member of the Jury, The Jury at the Canada Cup may consider the issue without having a compliant in writing. The Jury members are responsible to share any issues under consideration with the TD prior to confirming a decision.

14. 8 Use of Video for Disputes

The Jury may view video to resolve disputes or to determine needs for a rerun. Judges scores CANNOT be altered based on video review although DD may be corrected.

Video review may be used to resolve disputes for assigned degree of difficulty in aerials or moguls, if the case is clearly presented prior to approval of official results and approved by the Head Judge.

15.0 Canada Cup Marketing Agreements

The Organizing Committee must sign a detailed Event Agreement with all marketing arrangements and details. Any questions contact Canada Cup Coordinator Patrick@freestylecanada.ski

Organizing Committee

The Organizing Committee shall be established by the host region and reported to the Freestyle Canada.

Host Ski Area

The Organizing Committee shall execute a formal agreement with the host ski area, setting out the rights, obligations, and expectations of both parties with respect to the staging of the Can Series/COT. This agreement needs to be shared with Freestyle Canada.

Hosting Grant

Freestyle Canada and The PSO and Club may jointly apply for Provincial Hosting Grants.

Freestyle Canada may provide financial support annually as it is able based on the contributions of its Freestyle Canada corporate partners and the Freestyle Canada annual budget. This will be detailed in the competition agreement

Section 6

Officials and Judges Policies

Provincial and Regional Judge Policies

Provinces set guidelines for honorariums and expenses for provincial level series and below. Local volunteers and judges normally hold Club and Regional event positions, and it is highly recommended to limit costs at this level.

Canada Cup Judges and Officials Honorarium and Per Diem Protocols

The Organizing Committee is responsible for all costs associated with the Technical Delegate, Scorers and Judges for Canada Cup events.

The following policy for honorarium applies to Judges and Technical Delegates working at the Canadian Freestyle Championships (Senior Nationals), Canadian Junior National Championships, Canadian Selections, Canadian Series, Canadian Open Tour and any other “Canada Cup” level event as defined by the Freestyle Canada.

Please note that any remuneration for other official’s positions, if offered, is negotiated with the local organizing committee.

Honorarium:

Judges:

Event Days for Canada Cup :

1. Judges shall receive \$150.00 CAD for each day of competition.
2. Payment shall be made by cheque, cash, e-transfer, or prepaid visa card
3. The Organizing Committee is responsible for payment to the Judges.
4. T4A tax documents may be issued by the Freestyle Canada. This shall be at the discretion of the Freestyle Canada.

Event Official Training Days – *day(s) prior to the first event day.*

Your judge panel should arrive the night/day before the first day of competition. A judge **can** arrive and participate in Official Training voluntarily but a ‘Training

Day' honorarium must be approved by the Freestyle Canada Canada Cup Coordinator.

1. The Freestyle Canada Canada Cup Competition Coordinator will **approve Judge's "training days"**.
 - a In order for training day to be approved the Judge must be actively involved in training and it must be agreed upon with the OC.
2. If approved, Judges shall receive \$60 for each approved training day but no food Per Diem.
3. This honorarium not apply to the HJ's honorarium

Head Judges:

Head Judges shall receive 1 extra day of honorarium for administrative duties prior to and following the competition of \$150. This is not in addition to any training honorariums.

Technical Delegates :

Event Days for Canada Cup : Canadian Freestyle Senior National Championships, Junior National Championships, Canadian Series, Canadian Open Tour, Canadian Selections.

- TD's are required to arrive one full day before Official Training.
 1. Technical Delegates shall receive \$125.00/day
 2. Meal Per Diem for each day of work and travel day
 3. Payment shall be made by cheque, cash, e-transfer, or prepaid visa card
 4. The Organizing Committee is responsible for payment to the Technical Delegate.

Honorarium of events not outlined in this policy shall be determined on a case-by-case basis by Freestyle Canada.

Travel and Accommodation for Technical Delegates and Judges

Travel & Accommodation

The Organizing Committee is responsible for coordinating, booking and paying the following items for Judges and the Technical Delegate:

- **Booking and paying for Flight** –The Organizing committee has the option of using Freestyle Canada's travel services. This service can help in coordinating traveling plans for the event officials as every official has a different circumstance. Contact Jenny: jenny@ptm.cc

- **Accommodation at event**– The OC is responsible for booking hotel rooms for all judges and the Technical Delegate. It is recommended that both the Head Judge and Technical Delegate have their own room. Scoring judges can share rooms to cut costs.
 - Judges can share hotel rooms but are not required to share beds. Each Judge will have their own bed or hotel rooms.
- **Rental car**, if needed – Renter must have a valid drivers license and be over the age of 25. OC to work closely with renter on pick up and drop off details.

Expense Protocol

Submitting Expenses: All Judges and Technical Delegates are responsible to submit copies of receipts and the Canada Cup Expense Form, by email, to the OC within 2 weeks of the last event day. Judges or Technical Delegates should not give members of the OC, receipts at any time during the event. This form will be available online at www.freestylecanada.ski

Technical Delegates and Judges can expect to receive expense payment within 4 weeks of the last event day.

Expenses

Alcohol is not an eligible expense.

All expenses for officials and judges are the responsibility of the Organizing Committee unless specified otherwise in the event agreement.

For example this includes:

- Extra Baggage: Judges and the Technical Delegate are permitted to submit receipts for up to 2 checked bags, if judges check more than 2 bags, those additional costs are the responsibility of the Judge or Technical Delegate
- Taxi receipts
- Parking at Airport
- *Mileage to airport .35/km
- Mileage: Officials and Judges must have driven a minimum of 80km, round trip to be eligible to claim mileage at .35/km.
- Gas for rental car – Judges and Technical Delegates must show copies of gas receipts in order to receive expenses

***Mileage versus taxi to airport:** Judges and Technical Delegate must take the cheapest option. Please consider number of days car will be at parking garage etc.

Per Diem and Meal Allowances

The Officials and Judges shall receive \$45.00 per day for meal expenses. If, however, a meal is provided through the Organizing Committee, this amount will be reduced to \$35 per day.

\$45.00/day breakdown: \$10 Breakfast, \$15 Lunch, \$20 Dinner

\$35.00/day Breakdown: \$10 breakfast, lunch provided, \$25 Dinner

The Organizing Committee will make their best effort to provide meal Per Diems paid upfront by Cash, or e-transfer before the first event day.

Judges and Officials must get a food Per Diem for days of travel to the event and from the event only if the Judge must travel the day after the event. If a judge travels on an event day they only receive the one Per Diem for that event day.

The Jury and Certification Requirements

The Jury shall consist of:

- Technical Delegate (TD)
- Chief of Competition (CC)
- Head Judge (HJ)

Technical Delegate

The Technical Delegates (TDs) will be appointed by the Freestyle Canada. The TD must be a Freestyle Canada recognized national level TD. TDs can come from the host division but must not be part of the Organizing Committee and should not be from the host resort and/or club.

Chiefs Of Course

- **Chief of Competition and Chief of Course payment is not required, however strongly encouraged if budget permits.**

The Chief of Course is key member of the technical team. Any person in charge of course management and development must have significant experience in building courses.

The Moguls Chief of Course must work closely with visiting provincial and local provincial coaches to prepare and maintain the course. The provincial coaches must have Air 4 B certification.

The Slopestyle Chief of Course must work with the local Terrain Park Manager to ensure the terrain is appropriate to accommodate the number of features and skill level of athletes at least one month prior.

The Chief of Competition and/or Slopestyle Chief of Course must report if there are challenges with the course to the Organizing Committee and Freestyle Canada as soon as possible.

****If there is an issue that the course specifications will not meet the needs and guidelines of the Train to Train or Learn to Compete stages, the builder of The Slopestyle, Halfpipe, and Air courses MUST communicate to Freestyle Canada, and the Organizing Committee at least one month prior to the event in order to decide if the event will happen.

Judges

All judges for Canadian Series Moguls and Dual Moguls must have a minimum FIS "C" License or ideally B and the Head Judge should be either a FIS "B" or "A" Licensed judge. All judges for Moguls and Dual Moguls are assigned by the Freestyle Canada and JAG assignment committee.

For COT Halfpipe and Slopestyle events, judges should have an AFP Silver Judging License, but AFP Bronze Judging License level may be approved by the Freestyle Canada in advance.

The Head Judge for COT Halfpipe and Slopestyle must have a minimum AFP Silver License, and is ideally Gold certified.

If feasible, it is highly recommended that Judges are assigned from different Provinces, however consideration will be given to the Organizer Committee's ability to pay for the expenses.

The Head Judge or an appointed representative of the judges' panel must attend the Team Captain's meeting prior to first day of competition.

Please see Head Judge responsibilities on www.freestyleski.com

Scoring

- 2016-2017 FIS events will be scored by World Cup Lite and/ or WinFree
- The Organizing Committee is responsible for the scoring of their own event. If no local scorer is available the Event Organizer must bring in a scorer and cover their travelling expenses.
- It is highly recommended that the Chief of Scoring should be a paid position at \$125/day and food per diem.

Scorers are very important to the overall execution of the event. They are required to operate the scoring software, create start lists, organize heats, tabulate scores, and provide results.

Scoring systems for the Canada Cup includes WinFree for Non FIS events and World Cup Lite for FIS events.

Scorers usually begin to work on the event days before the event start. There should be a registration list sent to the Chief of Scoring 5 days before the first training day. Registration list must be in XLS format.

The Event Organizer must have access to a photocopier and WIFI throughout the competition. The Chief of Scoring must also have a work station on the course preferably beside the Judging panel and with heat for the electronics.

The Chief of Scoring is an important role and requires assistants and runners that can keep scoring accurate and keep the event flowing. If scoring goes down, then the whole event is effected.

Any further inquiries, please contact Patrick Breault, Canada Cup Competition Coordinator: patrick@freestylecanada.ski

Section 8

Freestyle Canada Competition Principles

Introduction

The objective of this document is to provide a set of guiding principles that will help align competitions with the Can Freestyle Long Term Athlete Development Pathway and provide fun, high quality and skill and age appropriate competitions at each stage.






The Freestyle Canada Comp Alignment Team comprises individuals from across Canada, and represents many facets of Freestyle Canada athlete, coach, and officials. The team met several teams to deeply review and discuss how Long Term Athlete

Development principles developed by Canadian Sport For Life (CS4L) and Sport Canada relate to holding quality Freestyle Ski events.

These are guiding principles for event organizers to use to make critical decisions at each stage and at each event. Find more information on Long Term Athlete Development at <http://canadiansportforlife.ca/>

CS4L experts have defined that athletes and coaches most often will 'Train to Win' at all stages - which in Freestyle Skiing means training to the score that will most reliably produce a medal.

The results of this approach have produced several challenges for Freestyle skiing – and many other sports – including:

-  An emphasis on fast tracking a limited number of skills
-  Imposing expensive and arduous adult style competition on children
-  Ignoring underlying physiological factors required for athlete health and safety
-  Confusing 'excellence' with winning at development level events
-  Making ranking points a focus over skill development and developing quality coaches

Many Canadian sports including soccer, rowing, figure skating, snowboarding, and baseball have been moving through the process of 'Competition Review' and 'Competition Alignment.' Sport Canada has deemed this process so critical they have embedded in their funding assessments, and Freestyle Canada anticipates that many provincial sport funders will soon do the same.

Change is not easy – but it is necessary. A few examples from other sports:

It has taken soccer coaches and parents a few years to understand that removing scores rankings for U12 players does not remove the passion for the game – but it does stop the 'fans' and coaches from boiling over on the sidelines.

Some Lacrosse coaches tried to hide the smaller nets developed for children at first – and had to be convinced that it is an improvement if the ball is not whistling at the 4 foot high goalies head!

Freestyle's experts and PSO Team have identified the need to create formats for our under 12 athletes that increase the focus on quality skills, remove the

emphasis on winning and medal presentations, and most of all create formats that ensure “NO KIDS STAND AROUND!”

Freestyle Canada’s challenge now is to clearly share systems and methods that will honour the principles on the following pages. We must invest our energy and resources to create events that nurture the physical and emotional well being for all of our athletes and coaches, and host competitions that prepare them to excel.

The team felt that the following overarching principles should guide every event at every stage hosted by all of the skiers, their families, volunteers and staff that make up the Canadian Freestyle community.

1. The values of respect, appreciation of excellence, recognition of all participants’ efforts, fun, and inclusion in the ‘Freestyle Family’ must infuse all freestyle ski events.
2. Quantitative measures of physical literacy and acrobatic literacy, overall athleticism, physiological development as well as the core skills of skiing needs to be considered at every stage.
3. Benchmarks need to be put in place to define when an athlete is ready to enter or exit a stage of competition as a predictor of success and for athlete safety and confidence.
4. Modified formats and criteria are important to assess athletes and provide incentive to attain skills benchmarks in Can Freestyle skills matrix.
5. Freestyle Canada needs to provide terrain/feature guidelines, rules when necessary, and specifications that are attached to safe and stage appropriate skill development including diagrams and snow management. These need to be based on up to date best practices.
6. Accessibility and affordability do need to be considered to increase the size and depth of the talent pool, especially in the early stages.
7. To increase local talent pools organizers need to implement valuable and meaningful competition.
8. Performance and training ratio to wait times, appropriate number of athletes in an event, athlete flow through terrain outside the course must be considered to improve athlete enjoyment and provide appropriate training volumes and time on task.
9. Coach education and competency should align with competition stages and provide incentive for coach training.
10. Official’s education and competency and designations should be stage/discipline specific.
11. Rewards and recognition need to be carefully considered at each stage and link to the Can Freestyle coach/athlete development programs at that stage.

Its important to note that there are many principles associated with and are important to developing athletes in each stage. However, the principles identified

below are identified as priorities to guide decisions relating to competition design, structure and timing.

One concept that is new to Freestyle Skiing in Canada that we will be moving to adopt as a community is “Meaningful Competition”. This is classically defined as setting up formats where each participant has a reasonable hope of winning – where awards are being presented.

Other sports have met this challenge in different ways. Speed Skating reorganizes groups at each event by their current standings – and presents awards by groups. Figure skating created bronze, silver, and gold categories at Learn to Train so each participant in each group could stand on a large podium for a photo op with their friends. Baseball and hockey run many tiers at events.

Freestyle’s way to meet this challenge in the future will be as vibrant and unique as our sport. Freestyle Canada first adopted long term athlete development principles and recognized our shortcomings in 2006. Our target is to have many solutions in play by 2016, but we can only accomplish this by working together.

Freestyle Canada Competition Principles – Fundamentals Stage approx 6 and up –

- **Older kids should not be prohibited from participating in Fun Try Freestyle events (Jumps and Bumps Program Focus is U8 & U10)**

Affordability & Accessibility

- Regular travel should be limited to the local club/possibly region
- 1-day events with travel less than 2 hours by car are ideal.
- Strong guidelines and rules if necessary should provide parameters on type and number and total cost
- There should be guidelines/limits for entry fees
- Specialized equipment should not be encouraged

Developmentally Appropriate Competition:

- Modified formats and courses for fun, safety and skill development are very important at Fundamentals and should be directly to the linked the Jumps and Bumps passport skills.

- Boys and girls, and training groups of 8:1 athlete to coach should compete together.
- Athletes of a similar age should be allowed to compete together and terrain provided to cover the range of skills executed.
- Events should easily be a 'first touch' opportunity for athletes new to the sport
- Guidelines need to be in place for formats for special events that optimize time on snow, and the athlete learning experience.
- Athletes should ideally not wait more than 10 minutes to train or compete.
- Events should not run over more than 2 days including training.

Calendar Planning:

- Kids should be playing in guided learning environment rather than "training and competing" – including the day of any special events.
- The program calendar should allow for participation in other sport programs that together build physical literacy.
- Spring and Fall programs should ideally align with the seasons of others sport to minimize conflicts
-

Rewards and Recognition

- Athletes should be recognized/rewarded by competition organizers for:
 - Outstanding individual improvement
 - Attaining targeted skills
 - Outstanding personal best individual performance
 - Participation
- Medal presentations are not appropriate – no focus on winning

Specialization:

- Athletes should get experience in all freestyle ski disciplines
- Participants should be able to play many sports

Freestyle Canada Competition Principles – Learn to Train Stage –

- **This stage can range from approx 8 - 16 years of age, with athletes moving up to Train to Train Provincial format events only when they have attained the necessary skill, strength, and confidence.**

Affordability & Accessibility

Travel should be limited to the local club and region and occasional special events that have a skill development focus – e.g. access to airbag, halfpipe, skill appropriate air site, wider variety of terrain park features

1 or two day events with travel less than 2 hours by car are ideal.

- There should be guidelines/limits for entry fees
- Specialized equipment should not be encouraged

Developmentally Appropriate Competition:

- Modified formats and courses are very important at Learn To Train Freestylerz events to optimize skill development, fun, and challenge and should be directly linked to the Freestylerz goal book skills.
- Boys and girls have separate categories
- Athletes benefit by training and competing with those with similar skills and abilities
- Additionally athletes with a range of skills can compete together IF facilities are appropriate
- Ideally athletes can train and compete with similar age groups
- Participants who train together benefit by competing together
- Gender only training/events can be beneficial
- Events should easily be a 'first touch' opportunity for athletes new to the sport
- Athletes should not wait more than 15 minutes and ideally under 10 minutes to train or compete.
- Events should not run over more than 2 days + max 2 days training – one day events with travel less than 3 hours by car are ideal.

Calendar Planning:

- Athletes should train more than they “compete” – including the day of events.
- The program calendar should allow for participation in other sport programs that together build physical literacy
- Spring and Fall training can be aligned by athlete with the seasons of others sport to minimize conflicts – these include tramp/gymnastics and skating sports.

Rewards and Recognition

- Athletes should be recognized/rewarded by competition organizers for:
 - Outstanding individual improvement
 - Attaining targeted skills
 - Outstanding personal best individual performance
 - Participation
 - Performance should be acknowledged
- 1-3 Medal presentations are not appropriate – low focus on winning

Specialization:

- Athletes should get experience in all freestyle ski disciplines
- Participants should be able to play many sports, one sport may become a priority

Freestyle Canada Competition Principles – Train to Train Stage –

- **There can be a broad age range from approx 11 - 18 years, and athletes should be physically and emotionally ready to complete at this stage which requires more skill, training and focus and a maturing competitive drive.**

It is very important to note that Train to Train athletes can have very different needs and focus through puberty, as competitive focus builds and wanes, as the demands of school and the sport increase, and the emphasis on peers shifts to the major priority. Freestyle Canada recognizes that potential solutions like tiering could be very effective in building a larger athlete pool across Canada, Additionally Freestyle Canada encourages ending the practice of ‘selecting’ limited training groups of athletes to ‘High Performance’ team style programs prior to their nearing the end of the main growth through puberty.

Affordability & Accessibility

- In early stage travel should be limited to the province with special trips as they enter later Train to Train to neighboring provinces
- Affordable accommodations including billeting and travel subsidies remote for athletes in need should be in event planning.
- There should be guidelines/limits for entry fees
- Specialized equipment is encouraged

Developmentally Appropriate Competition:

Athlete needs to consider

- Stage/skill appropriate modified formats and courses are still important at Train To Train to optimize skill development, fun, and challenge and ideally are linked to the TEAM benchmarks.
- Terrain must match athlete skill and growth and development needs (e.g. athletes must be able to comfortably and consistently land in a sweet spot)
- Boys and girls have separate categories
- Athletes benefit by training and competing with those with similar skills and abilities
- Athletes start to be classified by sport abilities - possibly tiers
- Ideally athletes can train and compete with similar age groups
- SOME athletes who meet skills standards may move into older age categories
- Participants who train together benefit by competing together
- Gender only training/events are beneficial – especially girls

- Athletes new to the sport may participate if they meet minimum safety skill standard.
- Wait times from practice to competition should not exceed 2 hours- ideally less than 1, and wait times in the gate should not exceed 20 minutes.

Calendar Planning:

- Athletes still train more than they compete but compete through a well periodized season that allows for recovery.
- In the spring and fall the program calendar should allow for participation in other sport programs that together build physical literacy
- Spring, Summer and Fall training can be adapted by athlete to align with the seasons of others sport to minimize conflicts - these ideally include tramp/gymnastics and dry land, and sport specific training (water ramp/air bag)

Rewards and Recognition

- Athletes should be recognized/rewarded by competition organizers for:
 - Outstanding individual improvement*
 - Attaining targeted skills
 - Outstanding personal best individual performance*
 - Participation
 - Performance
 - 1-3 Medal presentations are appropriate – Winning is a moderate priority, learning to cope with the physical and mental challenges of competition is the high priority
- *(Still a factor but less important than at Learn to Train)

Specialization:

- Athletes normally move to specialization in one or possibly two freestyle ski disciplines at approx 13/14 years, although they may choose to hold off specializing.
- Participants should be able to play many sports, although Freestyle becomes a priority, as does specific acrobatic training.

Freestyle Canada Competition Principles – Learn and Train to Compete– approx 14 + years

The athlete pool begins to narrow here with athletes dedicated to attaining success on the national, Nor AM, and international stage. Athletes are tested, assessed and targeted based on their potential. Although these athletes are on

the performance pathway – they require significant program subsidies to compete at this level and receive appropriate IST, coaching and competition exposure. Care must be taken to continue to focus on skill development over ‘points chasing’ or attending events that do not fall into a well periodized and managed Yearly Training Plan.

Affordability & Accessibility

- Regular travel occurs Canada (and USA)
- Clubs/Teams/PSO’s should fundraise and provide subsidies for targeted athletes and especially athletes in need.
- There should be guidelines/limits for entry fees
- Specialized equipment and maintenance is required for performance
- Athletes are paying program/coach support fees which require subsidy for targeted athletes (by podium potential)

Developmentally Appropriate Competitions

- Stage/skill specific formats and courses are very important
- Athletes benefit by competing in stage focused events with a peer group of similar skill level of athletes
- Athletes should be classified on sport abilities.
- Athletes can also benefit greatly by competing against skiers who are more skilled than they are on occasion
- Some participants should be allowed to compete in older age categories*.
- Gender only training blocks are beneficial

Calendar Planning:

- Athletes still train more than they compete, but compete through a well periodized season that allows for recovery.
- The program calendar should allow for participation in other sport programs that together build individual skill capacity

Spring - Fall training can be adapted by athlete to align with the seasons of others sport to minimize conflicts - these ideally include tramp/gymnastics and dry land, and sport specific training (water ramp/air bag)

Identification & Selection

- Athletes should be tested to assess future potential.

Rewards and Recognition

- Athletes should be recognized/rewarded by competition organizers for:

Performance

Skills Excellence

Also competitors must feel valued for their participation

- 1-3 Medal presentations are appropriate – Winning is a high priority,

Specialization:

- Athletes are fully specialized in one Freestyle Ski discipline
- Participants should be able to play many sports, although Freestyle becomes a priority, as does specific acrobatic training.

**Freestyle Canada Competition Principles –
Learn To Win –
approx 15 + years**

Competitions at this stage are not necessarily in the control of Freestyle Canada – for example FIS Nor Am or AFP Silver/Gold. Sometimes Freestyle Canada controls selection, funding, training, and determines which events to attend. The focus at this stage is not creating the structure of competition. Earlier stages prepare athletes to compete at this level.

Athletes are extensively tested and monitored by IST at this level. Testing along with performance results create selection criteria.

Affordable and Accessible

- Regular travel should occur internationally.
- Equipment is specialized and requires expert maintenance
- Freestyle Canada should work with partners to control entry fees
- Athletes require IST and program subsidies that are tied to effort, potential, and performance

Developmentally Appropriate

- Courses have to meet athletes abilities
- A competitively well balanced level of skills at an event is very beneficial
- Athletes' benefit greatly by competing against skiers who are more skilled than they are.
- Participants benefit more from training with others of a similar skill rather than with participants of a similar age
- Some participants should be allowed to compete with older athletes
- Athletes should be classified on sport abilities.
- Athletes can also benefit greatly by competing against skiers who are more skilled than they are on occasion
- Gender only training blocks are beneficial

Calendar Planning

- Athletes practice more than they compete in very disciplined annual plan.
- Participants should focus on one sport at a time. Different sports should be played at different times of the year with coach/IST input.

Rewards and Recognition

- Athletes should be recognized/rewarded by competition organizers for:

Performance

Also competitors must feel valued for their participation

1-3 Medal presentations are appropriate – Winning is a high priority Results should be combined with athlete assessments to create a national ranking system to be used by the High Performance program.

Specialization

- Participants should focus almost exclusively on one Freestyle Ski discipline

Freestyle Canada Competition Principles – Train To Win – approx 16 + years

Competitions at this stage are not necessarily in the control of Freestyle Canada – for example FIS World Cup or AFP Gold/Platinum. Freestyle Canada controls selection, funding, training, and determines which events to attend. The focus at this stage is not creating the structure of competition. Earlier stages prepare athletes to compete at this level.

Athletes are extensively tested and monitored by their Integrated Support Team (IST) at this level. Testing along with an emphasis on performance results create selection criteria.

It's important to note that while some individual girls have entered this stage as young as 16; these are primarily physically and emotionally mature athletes entering or in adulthood.

Affordable and Accessible

- Regular travel should occur internationally.
- Equipment is specialized and requires expert maintenance
- Athletes require IST and program subsidies that are tied to effort, potential, and performance
- Athletes should be fully funded to attend events.

Developmentally Appropriate

- Courses have to meet athletes abilities
- A competitively well balanced level of skills at an event is very beneficial
- Athlete's benefit greatly by competing against skiers who are more skilled than they are.

- Participants benefit more from training with others of a similar skill rather than with participants of a similar age
- Athletes should be classified on sport abilities.
- Athletes can also benefit greatly by competing against skiers who are more skilled than they are on occasion
- Gender only training blocks can be beneficial

Calendar Planning

- Athletes practice more than they compete in very disciplined annual plan.
- Participants should focus on one sport at a time. Different sports should be played at different times of the year with coach/IST input.

Rewards and Recognition

- Athletes should be recognized/rewarded by competition organizers for:

Performance

Also competitors must feel valued for their participation

- 1-3 Medal presentations are appropriate – Winning is a high priority,

Specialization

- Participants should focus almost exclusively on one Freestyle Ski discipline