



ROCKY QUALIFIER SERIES FREESTYLE HANDBOOK (RQS)

2017-2018



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RQS SERIES

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ABOUT

Rocky Mountain Freestyle (RMF) is a volunteer Competition Committee under the authority of the US Ski & Snowboard Rocky Mountain Division (RMD). The Committee is comprised of an Executive Committee including the Chair, Vice-Chair, Treasurer and Secretary. In addition to the Executive Committee, there is a Rules & Officials representative, a Judges representative, two Members-at-Large and three Athlete Representatives. All of these positions serve three year terms and are elected on a rotational basis so that no more than 1/3 of the board turns over in any given year. The following clubs have permanent voting positions on the board: Aspen Valley Ski Club, Durango Freestyle Team, Ski and Snowboard Club Vail, Steamboat Springs Winter Sports Club, Team Summit, Telluride Ski and Snowboard Club and Winter Park Competition Center (Freestyle). New clubs wishing to join the committee must petition the committee for acceptance.

The purpose of the RMF Competition Committee is to oversee, administer, program, sanction, staff, fund and manage Freestyle Competitions in the Rocky Mountain Division providing a pathway to the US Ski & Snowboard's FreestylePoints System (FSP's). In addition, the committee is responsible for the administration and determination of the Colorado Ski Country USA's All Star program.

As a division of US Ski & Snowboard, RMF is guided by the principles, directives, and rules of US Ski & Snowboard. Any deviations from US Ski & Snowboard rules shall be carefully considered and shall not stray from the guiding principles of fair competition and good sportsmanship and they should not favor RMF athletes over US Ski & Snowboard members from other divisions. RMF values the health, safety, and well-being of all athletes. RMF operates in a fiscally responsible manner and makes decisions that are morally and ethically defensible.

CHAPTER 1: GETTING STARTED

WHY ROCKY QUALIFIER SERIES (RQS)

The Rocky Mountain Qualifier Series (RQS) Freestyle program was created to give athletes an opportunity for a realistic competition experience in an age-appropriate scenario. The purpose of RQS is to allow athletes to continue developing their skills from the Rocky Mountain Development (DEVO) Series and prepare themselves for the more competitive nature of the Competitive (COMP) Series. Since RQS is the middle program between the DEVO and COMP Series, it will help athletes prepare for the next level with the implementation of a 2-jump, timed competition. Previously, athletes moved from 1-jump, non-timed Devo competitions to 2-jump, timed Competitive competitions as they got older. Now, RQS will be the stepping-stone between the two series, allowing for the ultimate, most realistic competition experience. Finally, RQS will allow these athletes to continue working on teamwork and sportsmanship attitudes, and meet other athletes who enjoy freestyle.

WHO, WHEN, WHERE

The RQS program is for skiers aged 11 and older (as of December 31 of the competition season) that are not competing in the Rocky Mountain Competitive Series program or the Development Series program. The RQS program features four (4) to five (5) mogul competitions and may include additional events in dual moguls. Competitions are hosted on weekends at participating resorts around Colorado. A schedule of events and fact sheets can be found at www.rockymountainfreestyle.com.

RQS skiers are permitted to compete in one (1) Rocky Mountain COMP Series event without losing their RQS status and requiring an additional license. An RQS athlete may only move up to events that are classified as “Open” or “Junior” events; NO “Champ” or “Senior” move-ups are permitted. One weekend is considered to be one move-up, so an event with two days of Open Moguls is still considered one move-up event. Please refer to the section on Move-Up’s later in this guide for more details.

AGE Classes

Age groups are determined by the athlete’s age as of December 31st of the current competition season. RQS age groups are bolded below:

6 and under – U7	13 and 14 – U15	19 and 20 - Senior
7 and 8 – U9	15 and 16 – U17	21 and older - Veteran
9 and 10 – U11	17 and 18 – U19	
11 and 12 – U13		

MEMBERSHIP AND LICENSES

All competitors must hold both a valid US Ski & Snowboard Freestyle Age-Appropriate Competitor membership and a Rocky Mountain Division membership. Both of these memberships are obtained together through the US Ski & Snowboard on a single application. Membership information (forms and payment options) are available online at www.ussa.org. A Rookie membership is available for first time competitors age 13 and up. Please see the US Ski & Snowboard website for details.

Competitors who have not renewed their current memberships before their first competition will be required to complete a new application and pay the membership fees on-line before being allowed to register on-site. US Ski & Snowboard membership cards should be carried by competitors at all competitions to verify membership.

US Ski & Snowboard now offers a short term membership option for athletes interested in trying the sport.

Short-Term membership guidelines (NEW 2017-2018 Season)

- o Limit of 2 short term membership purchases/events per person per season
- o Additional participation will require upgrade to regular membership
- o The amount previously paid for the short-term memberships will be applied towards the upgrade in the same season
- o Additional Short-Term memberships may be purchased directly through Member Services.
 - § Call Member Services at [435.647.2666](tel:435.647.2666), send us email to membership@ussa.org or send us a chat
 - § Please purchase your short-term membership at least 24 hours prior to the event.

PLEASE NOTE: RMF does not sell licenses. Please do not contact RMF to purchase licenses. Licenses are purchased through either US Ski & Snowboard's Member Services or Website.

A weekend constituting two days of competitions (i.e. Single Mogul and Dual Mogul) would require a two-day membership license.

EVENT FEES AND REGISTRATION

To register for an RQS event, go to www.rockymountainfreestyle.com and select the RQS Series Information section on the page. Here, you will see a list of events. Simply click on the event and it will take you to a page that shows how many spots are left. Please complete the form here. The cost is \$40 day. Some events are two-day events, and others are one-day events. Be sure to register for both days if you want to participate in both days. You will also need to print a liability release for each ski area and bring that with you to registration. You will not be able to get your bib without it.

You must register by **5:00pm on the Tuesday prior to the competition**. However, events often fill up before then, so register as early as possible to guarantee your entry. There will be no late registration at the event, unless the cap (90 total competitors) has not been met.

If the event is filled, openings will be filled in the following order:

1. If a skier drops out from one team, that spot may be filled by another skier from that team, provided they joined the waitlist by the Tuesday deadline. This will ensure that each team has representation at each event, and events are not always dominated by the host club.
2. If a skier drops out and their spot is not filled by a member of the same team, then priority goes to the host club. These will be filled according to skiers on the wait list by the deadline from the host club.
3. If there are additional spots that need to be filled and the host club does not have any other skiers, then skiers from other clubs on the wait list by the deadline will be contacted.

COMP Series “RQS Move-Ups”

All RQS skiers are permitted to compete in one (1) Rocky Mountain Competitive (COMP) Series event without losing their RQS status and requiring an additional license. An RQS athlete may only move up to events that are classified as “Open” or “Junior” events; NO “Champ” or “Senior” move-ups are permitted. One weekend is considered to be one move-up, so an event with two days of Open Moguls is still just considered one move-up event.

Occasionally, events will be classified as “Unrestricted move-up events”, which means RQS athletes can compete in these events without the event counting as an official move-up.

A RQS Series athlete who “moves-up” more than the one allotted time or compete in more than two “restricted” events will be considered “moved-up” permanently to the COMP Series and will not be permitted to “move-down” to RQS. RQS athletes and parents should discuss “move-ups” to either unrestricted events or restricted events with their coach.

When registering for a COMP Series event as an RQS athlete, one must follow all the same registration procedures as a regular COMP Series athlete. In addition, they should note “RQS Move-Up” on the entry. Please visit www.rockymountainfreestyle.com for details on regular registration procedures.

ATHLETE CODE OF CONDUCT

All competitors are obligated to understand and follow the Code of Conduct as outlined in the US Ski & Snowboard Freestyle Competition guide as published each season. Cases of athlete conduct brought before the Competition Committee will be addressed on the merits of a case by case basis.

PARENT CODE OF CONDUCT

All parents are obligated to understand and follow the Parent Code of Conduct as outlined in the US Ski & Snowboard Freestyle Competition guide as published each season. Cases of parent conduct brought before the Competition Committee will be addressed on the merits of a case by case basis.

HELMET REQUIREMENT

All competitors must wear a helmet during competition and official training at all Rocky Mountain Division events.

CONCUSSION POLICY

Rocky Mountain Freestyle abides by the US Ski & Snowboard concussion policy, as well as the Jake Snakenberg Youth Concussion Act as required by Colorado Law. All coaches and Technical Delegates (TD'S) must complete an annual Concussion Recognition Educational course. Athletes will be pulled from competition if a concussion is suspected.

CHAPTER 2: EVENT DESCRIPTION AND RULES

OVERVIEW

For all RQS events, the start order will be the same for both runs. We will begin with random order girls, followed by random order boys (i.e. all girl age groups will be in random order and once complete, then all boy age groups will be in random order).

All athletes must properly display their bib on the top layer of their clothing during any training or competition.

Awards will be issued for the top three athletes in both male and female categories for all age groups. In addition, the highest scoring top ten male and female athletes will receive overall awards. It is expected that any athlete anticipating an award should stay to receive that award. Awards will be held approximately 30 minutes after the last competition run, generally in the same location as registration. The fact sheet from the host mountain will provide these details.

THE COMPETITION COMMITTEE

All RQS events are organized by the host mountain and should emulate US Ski & Snowboard Rules as outlined in the US Ski & Snowboard Freestyle Competition Guide. RQS Competitions are overseen by a Competition Committee comprising the Head Judge, an RQS Representative and the Head Coach from Host Mountain.

SINGLE MOGULS (MO)

Single mogul competition should consist of a minimum of two lanes on a heavily moguled ski run, stressing technical turns, aerial maneuvers and speed. The single moguls site must be uniformly covered in moguls, with a reasonably constant pitch and fall line, free of obstacles, with satisfactory snow cover. The single moguls site must be completely prepared for training at least one day before the competition date.

Each competitor skis solo in the lane of his or her choice within the competition venue. It is the responsibility of the athlete to inspect the course, including all jumps, before attempting any aerial maneuvers. Each competitor is evaluated on his or her performance with respect to "turns," "aerial maneuvers" and "speed" as further explained in Chapter 3.

All RQS mogul events are two-jump courses. Every competitor must perform two different jumps in any given competition run in order to receive maximum points. A competitor who performs only one jump can only receive a maximum of 50% of the total possible aerial score. Jumps in excess of the recommended amount will be disregarded in order of lowest to highest scoring.

Inverted and off-axis jumps are not permitted at the RQS level.

The RQS athlete will be guaranteed two competition runs at each competition. In the incidence of severe or unsafe weather conditions, the Competition Committee has the right to call off an event, therefore only giving each athlete one competition run. The committee will make every effort to give all athletes two runs in unforeseen weather conditions.

DUAL MOGULS (DM)

Dual moguls require two athletes to ski down the course at the same time in a head-to-head format determined by a bracket system. Technical turns, speed and aerial maneuvers are used to evaluate the skiers with the winner of each round advancing to the next round.

The athletes will be assigned the left hand or right hand side of the course (termed red course and blue course) for each run. The left side (looking up the hill) will always be the blue course and the right side will be the red course. Every effort will be made by the host area to make the lanes and jumps equal.

Inverted and off-axis jumps are not permitted at the RQS level.

RQS CHAMPIONSHIPS

RQS Championships are the culminating event of the season. Athlete's must have competed in a minimum of two RQS weekend events (2 separate weekends), which will be closely monitored by the Rocky Mountain Freestyle Competition Committee (RMFCC).

COMP Series move-ups also count towards the towards the Championship minimum event qualification.

RQS Championships will include one day of single moguls and one day of dual moguls.

Awards for the event will occur at the end of each day. RQS Championships are organized by the host mountain.

The RMFCC does not award an overall RQS Division Award.

CHAPTER 3: JUDGING

SINGLE MOGULS (MO)

The athlete will be judged for his or her turns, aerial maneuvers and speed. The overall breakout of scoring of an RQS event follows the USSA competitive format of 60% turns, 20% air and 20% speed.

Turns

The athlete will be judged on turns with regard to his or her balance, including the timing of pole plants, use of the fall line, including an ability to stay within a chosen lane, and absorption and extension with the legs.

An athlete will be given a numerical score that reflects his or her ability to turn according to the factors listed above. He or she can receive a maximum of 20 points from each of the two judges. An athlete's score may be reduced if he or she strays from the fall line, stumbles, or fails to perform some of the required actions. An athlete's score may be deducted from if he or she falls during the course of the run. In addition, if an athlete leaves the venue by skiing under the rope, that athlete will receive a Run Not Scored (RNS). The score sheet breaks the point system down into categories of Excellent, Very Good, Average, Below Average, and Poor.

Aerial Maneuvers

The athlete will also be judged on two (2) aerial maneuvers, which should be performed off the designated jumps within his or her chosen lane. These jumps will be judged on execution, altitude, take-off, and landing. If an athlete performs the same trick off both jumps, only one (1) of the tricks will be scored. The judges will use the score of the higher scored jump. If the athlete misses one jump and only performs one trick, they will only receive a score for their one trick.

Two of the three judges will judge the aerial maneuvers within a run. A maximum of 10 points per jump can be earned from the air judge, which are then multiplied by a degree of difficulty corresponding with the type of maneuver. It is possible for an athlete with a lower degree of difficulty to score higher on a well-executed trick than an athlete that does a harder trick poorly.

RQS athletes are not permitted to do any inverted or off-axis maneuvers. Rotations are limited to 720 degrees in RQS mogul competitions.

Speed

Speed is simply the amount of time taken to complete the run. Within the RQS program, speed is a factor, and time will be calculated into the score. Time shall be taken from the moment the competitor leaves the starting gate until they cross the finish line. Each event will have a pace time set based on a calculation the length and steepness of a course.

DUAL MOGULS (DM)

The Head Judge and the Host Mountain will determine the judging panel, with a reduced emphasis on speed. The athlete that scores highest in their dual advances to the next round. There is no “losers bracket” until there are only 8 athletes left per gender. At that time, all 8 dual for final placement. If an athlete leaves the venue or crosses the centerline, it is the skier who crossed first that is disqualified. The dual bracket may be random or may be seeded off of a previous event.

CHAPTER 4: EVENT VOLUNTEERS

Rocky Mountain Freestyle and RQS requires numerous volunteers to help put on freestyle competitions for our athletes. Host clubs are expected to enlist the help of parents, siblings and friends to fill volunteer positions. Without our volunteers, it's difficult to run a smooth and successful competition. Please contact the host mountain coach or Competition Committee to volunteer. THANK YOU!

GLOSSARY

Spread Eagle – After take-off the outstretched arms and legs are extended out to the sides away from the body. The legs should be spread to a minimal angle of 90 degrees when viewed from the front. The skis should be parallel to each other (tips and tails equally spread) and 90 degrees to the body. The upper body should remain straight and upright without any noticeable forward bend at the waist.

Twister – The skis are twisted a minimum of 90 degrees to the fall line. The skis should remain parallel to each other, together, and 90 degrees to the body. The hands and arms may move to counter the twisting of the skis.

Kosak – A kosak is a combination of a spread eagle and a zudnik. Arms can be held in different ways: in front, between the skis, at the side, or a competitor may grab the ski tips. Legs are simultaneously raised and spread in front and to the side of the body. Legs should approach the horizontal level and upper body is brought forward to counter inertial forces of legs being raised. Skis should achieve vertical position and be symmetrical.

Daffy – After take-off, one leg should be brought up and forward while the other leg is being lifted up and back. This results in a 180 degree split position where the front ski is parallel to the back ski, pointing up and down.

Iron Cross – This is the combination of the back scratcher and the tip cross. The skis are crossed at a 90-degree angle while pointed to the ground at a 90-degree angle. The maneuver is held with the upper body in a neutral position until the skis are extended to the landing hill.

Back Scratcher – The ski tails are brought back and up to a minimum of 90 degrees to the horizontal when viewed from the side, knees bent, hips forward and a slight backward counter motion of the shoulders and arms. Legs must be together and skis parallel.

Mule Kick – The mule kick is a back scratcher with a 45-degree twist of the hips to the side.

Zudnik – A Nordic type jump in which the upper body is bent roughly 90 degrees at the waist by bringing the upper body forward and down and the lower body forward and up. The toes rise upwards and in the vicinity of the skier's chin. The skis should remain close together and parallel and the head should remain upright.

Grab – When a skier grabs any ski with any hand. Two-handed grabs count as one grab in RQS. Ideally, the skier grips the ski and may even tug on the ski to show the ski is in their grasp.

180 – After take-off, the skier rotates 180 degrees, body upright and legs straight. There is a minimum of arm movement.

360 – After take-off, the skier rotates 360 degrees, body upright and legs straight. There is a minimum of arm movement.

540 – After take-off, the skier rotates 540 degrees, body upright and legs straight. There is a minimum of arm movement.

720 – After take-off, the skier rotates 720 degrees, body upright and legs straight. There is a minimum of arm movement.

Switch – When an athlete takes off or lands backwards.

RNS/DNF – Run Not Scored/Did Not Finish