



2015 ROCKY MOUNTAIN FREESTYLE QUALIFIER SERIES COMPETITION GUIDE

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CHAPTER 1: GETTING STARTED

WHY ROCKY QUALIFIER SERIES (RQS)

The Rocky Mountain 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) program and prepare themselves for the more competitive nature of the Competitive (Comp) Series. Since RQS is the middle program between Devo and Comp, 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 skiing.

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, aerials, slopestyle or halfpipe. Competitions are hosted on weekends at participating resorts around Colorado. A schedule of events and fact sheets can be found at <http://www.rockymountainfreestyle.com>.

Skiers aged 9 and 10 who compete in the Devo series program are allowed one (1) free RQS move-up event per year. The event is preferred to be at their home mountain but if they are unable to attend that specific event or their home mountain is not hosting an RQS event, they may choose a different mountain to do their move-up event. One weekend is considered to be one move-up, so an event with two days of competition (i.e. Single Moguls on Saturday, Dual Moguls on Sunday) is considered one move-up event.

AGE GROUPS

Age groups are determined by the athlete's age as of December 31st of the current competition season. RQS age groups are bolded below (U17, U15, U13).

6 and under – U7

7 and 8 – U9

9 and 10 – U11

11 and 12 – U13*

13 and 14 – U15*

15 and 16 – U17*

17 and 18 – U19

19-20 Senior

Veteran 21+

MEMBERSHIP AND LICENSES

Each RQS competitor age 12 and under (as of December 31st of the competition season) must hold a Youth License. If the competitor is 13 and over (as of December 31st of the competition season) and is a first time freestyle competitor (never had license before), they must obtain a Rookie License. If the competitor is 13 and over (as of December 31st

of the competition season) and has previously had USAA license, they must hold a Freestyle Competitor License.

All of these memberships can be obtained together through the USSA on a single application. This information is available at <http://www.ussa.org>.

Any competitor who obtains a Youth License and then later moves PERMANENTLY into the Rocky Freestyle Competitive Series will be required to purchase a full competitor or rookie license.

EVENT FEES AND REGISTRATION

To register for an RQS event, go to <http://www.rockymountainfreestyle.com> and scroll to 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 per 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, email RQS chairperson Mallory Cleveland at mallorycleveland@gmail.com to get on the wait list. The wait list is processed by order of receipt of the waitlist emails. The chairperson will fill openings 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.

RQS Move-Ups

All RQS skiers are permitted to compete in one (1) Rocky Mountain Competitive 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.

When registering for a Competitive Series event as an RQS athlete, one must follow all the same registration procedures as a regular Competitive Series athlete. In addition, they should note “RQS Move-Up” on the entry. Please see the RMD website for details on regular registration procedures.

RQS athletes may compete in an unlimited number of slopestyle, halfpipe, and aerial events at the Competitive Series level. They will not receive any points on the national points list for these events unless they hold a full competitors license.

Helmet Requirement

All competitors **MUST** wear a helmet during competition and training at **ALL** Rocky Mountain Freestyle Skiing competitions.

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.

SINGLE MOGULS

Single moguls 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.

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

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.

AERIALS

An aerials competition focuses simply on the jumping portion of freestyle, and not the moguls. Aerial competition stresses takeoff, height and distance (referred to as “air”), proper style, execution and precision of movement (referred to as “form”) and “landing.”

The aerial site will consist of at least three jumps, with the smallest known as Jump 1, the next largest as Jump 2, and the largest as Jump 3. Athletes will select their jump based on their skill level and conferences with his or her coach. RQS athletes are not permitted to attempt any off-axis or inverted maneuvers at any time during competition or formal training before an event. Any number of rotations is permitted in an aerials event.

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.

SLOPESTYLE

Slopestyle events will occur in a terrain park with age-appropriate features, including jumps, boxes, and rails. Again, no off-axis or inverted maneuvers are permitted at the RQS level. Rotations of any degree may be performed. The skiers will be judged on variety, amplitude, difficulty and execution. At the RQS level, it will be a best of two run format. Each judge is an overall judge in the slopestyle format.

HALFPIPE

The halfpipe is a channel constructed in the snow. Skiers perform their run in the halfpipe. If an RQS halfpipe event should occur, it may or may not take place at a small venue. The skiers will be judged on variety, amplitude, difficulty and execution. At the RQS level, it will be a best of two run format. Each judge is an overall judge in the slopestyle format.

RQS CHAMPIONSHIPS

RQS Championships are the culminating event of the season. It is required that the athlete has competed in a minimum of two other weekend events (2 separate weekends), which will be closely monitored by the Rocky Mountain Freestyle Board. Championships will include one day of single moguls. Awards for the event will occur at the end of each day.

THE COMPETITION COMMITTEE

Similar to USSA rules, RQS will have a competition committee in the event that any big decisions need to be made the day of an event. The competition committee will consist of:

- Head Judge, RQS Representative, Head Coach from Host Mountain

CHAPTER 3: JUDGING

SINGLE MOGULS

The athlete will be judged for his or her turns, aerial maneuvers and speed. **The overall breakout of scoring of an RQS event is as follows:**

- Turns: 60%
- Air: 20%
- Speed: 20%

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 20.0 points from each of the three 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 an RNS. The score sheet in Appendix A 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. The judges each have a maximum of 10 points to award an athlete, 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

The athletes will be judged using the same criteria as single moguls, but the athlete that crosses the finish line first will be awarded more speed points. However, it is possible to win a dual and lose the speed points. The athlete awarded the most points by the judges will advance to the next round.

With a three judge format, two judges are overall judges, and one judge is simply the speed judge. Each judge has five points to distribute between the two athletes, based upon their execution of the judging criteria. The athlete with the highest points advances. If an athlete leaves the venue or crosses the center line, they will be disqualified. If both skiers cross the center line, it is the skier who crossed first that is disqualified.

RQS dual moguls bracket seeding will be based on the results from the previous day's single moguls competition. For example, the athlete in first place from the day before will ski against the athlete who ended up last; the athlete in second place will ski against the athlete that was second to last and so forth.

AERIALS

During aerials, RQS athletes will be judged on their take-off, execution, amplitude, and landing of the trick. Take-offs should be timed with the lip off the jump, and the approach should not have any turns or wedges. Proper execution of a trick is outlined in the glossary. The landing should occur at a reasonable spot on the landing hill, with control exhibited after impact. The athlete must announce their intended trick to the starter, who will then relay that information to the judges. In RQS, an athlete may repeat the same trick for both jumps. Winners will be determined in a best of two format, instead of the traditional fashion where both jump scores are added together.

There are three judges for aerials. One judge focuses simply on the landing, and will deduct points for falls or uncontrolled exits. The other two note the take-off, the amplitude, and the execution of the maneuver. An athlete using Jump 1 cannot score the maximum points for amplitude, but an athlete using Jump 3 could receive a very small amount of points if they hit the knoll. In addition, if an athlete does not do the maneuver that they stated, they will receive an RNS. The degree of difficulty is calculated within the scoring system.

SLOPESTYLE AND HALFPIPE

For both slopestyle and halfpipe events, the skiers will be judged on variety, amplitude, difficulty and execution, and again, it will be a best of two-run format. In RQS, all three judges give an overall score taking into account the above standards. Points are deducted for falls.

CHAPTER 4: PROGRAMS IN ROCKY MOUNTAIN FREESTYLE

These are the clubs in Colorado that currently offer RQS programs. The contact list is current as of the date of publication.

Aspen Valley Ski and Snowboard Club

Freestyle Director: Eric Knight eknight@teamavsc.com

Durango Freestyle

Freestyle Director: Kirk Rawles moguldogs@bresnan.net

Ski and Snowboard Club Vail

Freestyle Director: John Dowling dardog321@aol.com

Development Director: John Grigsby jgrigsby@skiclubvail.org

Steamboat Springs Winter Sports Club

Freestyle Director: Bobby Aldighieri aldighieribobby@gmail.com

Team Summit

Freestyle Director: Chris Carson chrisfcarson@hotmail.com

Telluride Ski and Snowboard Club

Freestyle Director: Cory Albert cory.albert2@gmail.com

Winter Park Freestyle

Freestyle Director: Laurie Mooney lmooney@winterparkresort.com

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