



COMPETITION HANDBOOK  
2018/19  
RULES, GUIDELINES & POLICIES



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Sanctioned events are supervised and judged by a panel of skilled, trained officials who have met higher levels of training that qualifies them to oversee the quality, fairness and satisfactory results of higher-level competition. These individuals, at their own expense, have attended national and in some cases, international training to further their skills in the supervision of competitions. The following positions are assigned by US Ski and Snowboard at the recommendation of the Division: ..... 42

- **Technical Delegate (TD)** ..... 42
  - The Technical Delegate is the highest ranking official assigned to a competition by US Ski and Snowboard. The TD’s duties are described under rule 3030 of the US Ski & Snowboard Freestyle & Freeskiing Competition Guide. The TD is the Chair of the Competition Jury at the event along with the Head Judge and the Chief of Competition. .... 42
- **Judges** ..... 42
  - Judges are assigned to judge the event by the US Ski and Snowboard Judge’s Committee as recommended by the Division. A Head Judge will be assigned to oversee the duties of the judging panel. The Judges’ duties are described under rule 3033 of the US Ski & Snowboard Freestyle & Freeskiing Competition Guide. The Head Judge is a voting member of the Competition Jury..... 42

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*Every effort is made to ensure that information contained in this guide is accurate at the time of publish. However, circumstances beyond the committee’s control including the timing of other international and national ski federations rule, policy and procedure updates may invalidate information contained herein. The committee does not accept responsibility for in-season changes in rules, policies or procedures as a result.*

# ABOUT

Rocky Mountain Freestyle/Freeski (RMFF) The most important thing to know is first and foremost a Competition Committee under the authority of the US Ski & Snowboard Rocky Mountain Division (RMD). *We run the competitions not the coaching.*

The Committee is comprised 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 are volunteer position and serve three-year terms, 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 RMFF Competition Committee is to oversee, administer, program, sanction, staff, and manage Freestyle and Freeski Competitions in the Rocky Mountain Division providing a pathway to the US Ski & Snowboard's Freestyle/Freeski Points System (FFSP'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, RMFF 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 RMFF athletes over US Ski & Snowboard members from other divisions. RMFF values the health, safety, and well-being of all athletes. RMFF operates in a fiscally responsible manner and makes decisions that are morally and ethically defensible.

## Member Clubs:

Aspen Valley Ski Club (AVSC)  
Durango Freestyle Team  
Ski & Snowboard Club Vail  
Steamboat Springs Winter Sports Club (SSWSC)  
Team Summit  
Telluride Ski & Snowboard Club (TSSC)  
Winter Park Competition Center (WPCC)

## Contact Information:

Rocky Mountain Freestyle & Freeski  
P.O. Box 7061  
Dillon, CO 80435  
(303) 424-2161

*\*This is not a full-time, staffed office. Please leave a message and your call will be returned. All information is available through this guide or by reviewing the RMFF website.*

[www.rockymountainfreestyle.com](http://www.rockymountainfreestyle.com)

[usskiandsnowboard.org](http://usskiandsnowboard.org)

[email:info@rockymountainfreestyle.com](mailto:info@rockymountainfreestyle.com)

### *Executive Committee Members:*

Chair: Adam Leseur  
Vice Chair: John Crone  
Competition Secretary: Wendy Lana  
Treasurer: Randy Nunn

### *Committee Members:*

Rules & Officials: Craig Matthews  
Judges Representative: Jim Hendry  
Member-At-Large: Patsy Patnode  
Member-At-Large: Diana Tilley  
Athlete Rep: Lizzy McPherson  
Athlete Rep: Jason Tilley  
Athlete Rep: Aaron Lee



# MEMBERSHIP & LICENSES

*PLEASE NOTE: RMFF does not sell memberships. Please do not contact RMFF to purchase licenses. Licenses are purchased through either calling US Ski & Snowboard's Member Services or online at [www.usskiandsnowboard.com](http://www.usskiandsnowboard.com).*

All competitors must hold both a valid US Ski & Snowboard Freestyle/Freeski Age-Appropriate Competitor membership and a Rocky Mountain Division membership. Both memberships are obtained together through the US Ski & Snowboard on a single application. Membership information (forms and payment options) are available online at [www.usskiandsnowboard.com](http://www.usskiandsnowboard.com).

Competitors who have not renewed their current memberships before their first competition will be required to complete a new application and pay the membership and any late 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.

## Age Classifications:

Age groups are determined by the athlete's age as of December 31<sup>st</sup> of the current competition season.

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

## Rookie Membership:

A Rookie membership is available for first time competitors age 13 and up when registering at [www.usskiandsnowboard.com](http://www.usskiandsnowboard.com). Division dues are paid at the time of subscription.

## Non-Rocky Division Competitors:

Visiting competitors from other US Ski & Snowboard divisions and foreign athletes may compete in a maximum of two Rocky events (i.e. up to two separate one-day competitions) without paying Rocky Mountain Division dues. If that competitor wishes to compete in additional events, then the Rocky Mountain Division dues are required. This payment will not cause the athlete's home division designation to be changed.

## Short Term Memberships:

A short-term membership option for athletes interested in trying the sport. These must be subscribed to prior to the event online at [www.us skiandsnowboard.com](http://www.us skiandsnowboard.com). Division dues are applicable to each Short-Term Membership subscribed each time subscribed.

### Short-Term membership guidelines:

- Limit of 2 short term membership purchases/events per person per season
- Additional participation will require upgrade to regular membership
- The amount previously paid for the short-term memberships will be applied towards the upgrade in the same season
- 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](mailto:membership@ussa.org) or send us a chat
- Please purchase your short-term membership at least 24 hours prior to the event.
- A weekend constituting two days of competitions (i.e. Single Mogul and Dual Mogul) would require a two-day membership license.

## U.S. Freestyle Ski Team Policy

U.S. Freestyle Ski Team and “A” and “B” members are welcome to compete in any Rocky Mountain Freestyle competition at no cost but must comply with the RMF registration and late fee policy. Rocky Mountain U.S. “D” Team members who agree to pay for and attend Divisional Championships may ski free at divisional events. Rocky Mountain U.S. “D” Team members must have paid the RMD membership to receive this benefit. Non-Rocky Mountain U.S. “D” Team members are subject to the normal fee schedule for non-team competitors.

# COMPETITION REGISTRATION

Online registration is at [www.rockymountainfreestyle.com](http://www.rockymountainfreestyle.com) and is the only method for registering for an event, except that onsite registration may be allowed for certain events (*excluding dual moguls*) if the field is not yet full.

Be sure you select the appropriate series for which you would like to register. In each series, 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 registration form here.

Some events are three-day events, two-day events, and others are one-day events. Be sure to register for all days if you want to participate in all days.

Each event will have a fact sheet with further information about the event. We recommend you print out this along with the ski area's liability release and that with you to registration. *You will not be able to compete without the liability release.*

Pre-registration is required for all events. *This includes all Rocky and non-Rocky competitors.* Deadline for event registration is 5 p.m. Mountain Standard Time the Tuesday before a competition. However, registration may close earlier if the event becomes full. If an event becomes full, and there are later scratched athletes, then those openings may be filled as designated by the host team. Late fees will not apply.

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

# COMPETITION REGISTRATION FEES

Effective November 1, 2018 through April 30<sup>th</sup>, 2019

*Quoted in US\$*

DEVO Series			\$40.00 per day
RQS Series			\$40.00 per day
COMP Series			
	1 Event	=	\$70.00
	2 Events	=	\$120.00
	3 Events	=	\$165.00
COMP Series Divisional Championships (MO/DM)			
	1 Event	=	\$90.00
h	2 Events	=	\$150.00
HP/SS/BA			
	1 Event	=	\$80.00
	2 Events	=	\$140.00
	3 Events	=	\$190.00
Late Fee	Any event	=	\$25.00

## ***!! Note:***

*Event registration does not include required US Ski & Snowboard License and Rocky Mountain Division dues which are sold separately through US Ski & Snowboard. Licenses and division dues are not available for purchase at local event registration and must be purchased in advance.*

## Late Fees

A late fee of \$25 will be charged for all on-site registrations including U.S. Freestyle Ski Team members. There is no registration by fax, phone, email or mail. Athletes must bring proof of their online registration to each event.

## Event Payment & Refunds

Credit Cards are accepted for online registration.

Any competitor who submits a returned check or bad credit card will be considered a “competitor not in good standing” and will:

- 1) Not be allowed to compete in Rocky Mountain Freestyle events.
- 2) Not receive any awards.
- 3) May not appear on the US Ski & Snowboard points list until all funds due are paid in full.

Withdrawal requests received by 5PM on the Tuesday before the event are subject to the \$25 cancellation fee. Withdrawal requests received after the 5PM Tuesday cutoff do not receive any refund. If a refund is issued for medical reasons, a medical release is required before the athlete can return to competition.

## Delays/Cancellations/Force Majeure

Refunds are not provided if an event is cancelled or delayed for reasons outside of RMFF control, unless there is sufficient notice of the event cancellation. RMFF will not be responsible for delays resulting from causes beyond the reasonable control of RMFF, including without limitation, severe weather, snowstorms, avalanches, ski area operations, fire, explosion, flood, war, strike, or riot.

Events, as determined by the RMFF Executive Committee that are cancelled, in advance, will be refunded.

## 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

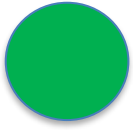
All parents are obligated to understand and follow the Parent Code of Conduct as outlined in the US Ski & Snowboard Freestyle Competition Guide as published each season. Cases of parent conduct brought before the Competition Committee will be addressed on the merits of a case by case basis.

## Helmet Requirement

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

## Concussion Policy

Rocky Mountain Freestyle & Freeski 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.



# DEVELOPMENT SERIES (DEVO)

## About

The Rocky Mountain Development (DEVO) Freestyle & Freeski program was created to give young athletes an opportunity for a realistic competition experience in an age-appropriate scenario. The series emphasizes the development of basic freestyle & freeski skills in a safe environment. It allows athletes to build and develop their skills and prepare themselves for the more competitive nature of the RQS Series. DEVO will allow these athletes to continue working on teamwork and sportsmanship attitudes and meet other athletes who enjoy freestyle skiing.

## WHO, WHEN, WHERE

The DEVO program is for entry-level freestyle and freeski skiers aged 12 and under as of December 31 of the competition season (U13, U11, U9, U7). The DEVO program will feature roughly three or four freestyle and/or freeski competitions each year and may include additional events. Competitions are hosted on weekends at participating host resorts around Colorado.

## DEVO MOVE-UPS to RQS EVENT

DEVO skiers are permitted to compete in one Rocky Mountain RQS Series event without losing their DEVO status. 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.

*DEVO athletes may not do a “move up” to a COMP Series event.*

One weekend is one move-up, so an event with two days of events (single mogul, dual mogul) is still considered one move-up event. When there is a DEVO and RQS event at the same mountain on the same weekend, an RQS athlete cannot do both RQS and DEVO events (i.e. “move down”). Only the DEVO athlete may register and participate in both events if this RQS event is their one “move-up” event of the year.



When ready, based on skill level and coaches' input, the athlete can officially move up to the RQS level but once they do so, they can no longer ski in DEVO events.

## Competition Overview

For all DEVO events, the start order will be the same for both runs. We will begin with U7 girls, followed by U7 boys and so on up through the age groups.

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 ten athletes in both male and female categories for all age groups. 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.

## DEVO COMPETITION COMMITTEE

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

## DEVO SINGLE MOGULS (MO)

*(Inverted and off-axis jumps are not permitted in DEVO Series events)*

Single mogul competition consists of a minimum of two lanes on a heavily moguled ski run, stressing technical turns and aerial maneuvers but NOT factoring in speed (different from RQS and COMP series). The single mogul site must be uniformly covered in moguls, with a reasonably constant pitch and fall line, free of obstacles, with satisfactory snow cover. The single mogul 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” and “aerial maneuvers.” All DEVO mogul events are one-jump courses. Every competitor must perform one aerial maneuver in any given competition run to receive maximum points. Jumps more than the recommended amount will be disregarded in order of lowest to highest scoring.

The DEVO 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.

## DEVO DUAL MOGULS (DM)

*(Inverted and off-axis jumps are not permitted in DEVO Series events)*

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.

## DEVO CHAMPIONSHIPS

DEVO Championships are the culminating event of the season. It is required that the athlete has competed in a minimum of two DEVO weekend events (2 separate weekends), which will be closely monitored by the Rocky Mountain Freestyle & Freeski Competition Committee (RMFF).

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

DEVO Championships will include one day of single moguls and will be held the same weekend as RQS Championships.

Awards for the event will occur at the end of each day.

*There will not be an overall season award granted.*

## Devo Judging Procedures

### *SINGLE MOGULS (MO)*

The athlete will be judged for his or her turns, aerial maneuvers and speed. *The overall breakout of scoring of a DEVO event is approximately 85% turns, and 15% air, depending on the athlete's performance in these two categories.*

#### 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 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 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 one (1) aerial maneuver, which should be performed off the designated jump within his or her chosen lane. This maneuver will be judged on execution, altitude, take-off, and landing.

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

## Speed

Speed is not a factor at the DEVO level and time will not be calculated into the score. However, it is important to realize that excellent absorption and extension requires some amount of pacing to be successful and noticeable.

### *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 a previous event.



# QUALIFIER SERIES (RQS)

## About

The Rocky Mountain Qualifier Series (RQS) Freestyle & Freeski 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 roughly four to five mogul competitions and may include additional events in dual moguls. Competitions are hosted on weekends at participating resorts around Colorado.

## 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.

An 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.

## Competition 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.

## RQS 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.

## RQS SINGLE MOGULS (MO)

*(Inverted and off-axis jumps are not permitted at the RQS level)*

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 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 more than 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.

## RQS DUAL MOGULS (DM)

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

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.

## 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 & Freeski Competition Committee (RMFF).

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 RMFF does not award an overall RQS Division Award*

# RQS JUDGING Procedures

## 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 regarding 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. Rotations are limited to 720 degrees in RQS mogul competitions.

**RQS athletes are not permitted to do any inverted or off-axis maneuvers.**

*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 eight athletes left per gender. At that time, all eight will 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.



## COMPETITIVE SERIES (COMP)

### About

Rocky Mountain Freestyle & Freeski offers a Competition Series (COMP Series) for age-appropriate Freestyle athletes. The COMP Series program offers full USSA sanctioned competitions in moguls, dual moguls, half pipe, slopestyle and big air. This program requires a US Ski & Snowboard Competitor membership and full Rocky Mountain Division membership. Competitors receive points on the US Ski & Snowboard national points list.

The Rocky Mountain Freestyle Competition Committee (RMFCC) has established the following essential principles for the freestyle program in order of importance:

1. Safety of all competitors.
2. A fun and rewarding competitive experience.
3. The development of competitive freestyle athletes.

### WHO, WHEN, WHERE

Competitions are organized throughout the winter season according to a pre-determined schedule that takes into consideration both Regional, National and International events, in conjunction with the US Ski & Snowboard Points list, as outlined in the US Ski & Snowboard Freestyle Competition Guide published each season. The RMFCC approves the upcoming season schedule at its annually scheduled fall meeting. Registration for the scheduled events are opened at the discretion of the RMFCC.

Competitions are held at various ski resorts in Colorado and are published on the season schedule. Competitors are reminded that they are guests of

each mountain during freestyle competitions. Competitor conduct is very important to the image that we project to both the skiing public and the host mountain management. All resort rules must be followed and line cutting is not allowed. The Competition Jury can disqualify any competitor from an event for violating resort rules.

## “Move-Up” Qualifications for RQS Athletes

An 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.

All RQS skiers are permitted to compete in one 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.

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 COMP Series event as an RQS athlete, one must follow all the same registration procedures as a regular COMP Series athlete.

*DEVO Series athletes may not “move-up” to a COMP Series event.*

## COMP SERIES BIBS

Bibs are mandatory for official training, competition and award presentations. Bibs must be worn appropriately, visible to all course officials and in good condition. Bibs hanging from belts, boot bags or not worn appropriately will be addressed by course officials. Competitors who fail to comply with a request to wear a bib during official training or competition will be disciplined.

Bibs are issued at the competitor's first event of the season. This is your **permanent number** for the season. Unless there is a change in Rocky sponsors, athletes should reuse their bib from the prior season if it is in good condition. There is an additional \$30 fee to replace a lost bib during the season after the issuance of the competitor's initial bib. Loaner bibs are available for a weekend for a deposit of \$30 and a fee of \$10 (i.e. \$20 will be returned). *All bib deposits are due in cash only. Please have exact change for a bib deposit*

## COMPETITION Overview

RMF COMP Series competitions are held in accordance with the rules established in the US Ski & Snowboard Freestyle Competition Guide and exists to serve and promote the US Ski & Snowboard's freestyle and freeski community.

An event is defined as a single day of freestyle or freeski competition. A meet consists of all freestyle and/or freeski skiing events on a specific competition weekend.

# Competition Formats

## “JUNIOR” SINGLE MOGUL EVENTS

Junior mogul events are open to all junior competitors, age 18 (U19) and under as of December 31 of the competition season) holding a US Ski & Snowboard Freestyle Competitor or Rookie membership. Field size is limited to the first 90 entrants. *All athletes will receive two runs unless there are adverse course conditions.*

**Run Order:** The first run is a random order. The second is a different random order.

**Forerunners:** Four forerunners per gender will be selected from the top finishers of the previous junior single mogul event.

## “OPEN” SINGLE MOGUL EVENTS

Open single mogul competitions are open to all competitors holding a US Ski & Snowboard’s Freestyle Competitor or Rookie membership up to the first 110 entrants. All age groups are welcome. *Depending on field size and course or weather conditions, a performance cut, as determined by the Competition Jury, may be necessary to accommodate a second run.*

**Run Order:** The first run is a random order. The second run for both men and women begins with the 16th qualifying position moving to 1st position, then 17th position moving down the qualifying order.

**Forerunners:** Four forerunners per gender will be selected from the top finishers of the previous Open single mogul event.

## “CHAMP” SINGLE MOGUL EVENTS

CHAMP Single Mogul events are restricted to ‘permanent’ COMP Series athletes of all age classes. *RQS athletes may not “move-up” to a CHAMP event.* New ‘permanent’ COMP series athletes must have competed in at least two COMP series events from the prior season in order to qualify to compete in a CHAMP event.

- (1) The RMFCC, at its discretion, will allow a limited number of entries from other divisions including foreign athletes.
- (2) Qualified athletes from other divisions (including foreign) may petition the RMFCC for entrance into a CHAMP event.

There is a registration of cap of 150 athletes. There is a performance cut to the top 20 competitors per gender unless a deeper cut is required due to course or weather conditions.

**Run Order:** Same as Open Single Mogul events.

**Forerunners:** The top four forerunners per gender will be selected from the most recent FFSP list.



## DUAL MOGUL EVENTS

Dual Mogul events are open to all competitors holding US Ski & Snowboard Freestyle Competitor or Rookie memberships. There is no limit on field size. The top 16 competitors per gender will be seeded off of the most recent FFSP list, and the remaining competitors will be randomly seeded. Athletes must verify they are on the official registrant list the day before the event and no later than 3:00pm. They cannot be added once the seeding/run order process has been completed. It is not possible to add competitors on the day of the competition if they were left off the registrant list for any reason. *There is no registration the morning of a dual mogul event.*

During a dual mogul competition, each competitor is allowed a maximum of one false start per event without receiving an RNS. A subsequent false start by the same competitor will result in an RNS for the round in which the second false start occurs, allowing his or her opponent to advance to the next round. The chief of start will announce each false start to the competition jury. This rule supersedes the corresponding US Ski & Snowboard rule regarding dual moguls false starts for RMF Competitive Series events only.

# ROCKY MOUNTAIN COMP SERIES

## DIVISIONAL CHAMPIONSHIPS

*(Divisional Championships are restricted to COMP Series athletes. 'Move-Ups' are not accepted)*

The Rocky Mountain Divisional Championships series may consist of moguls, dual moguls, half pipe, slopestyle and/or big air events.

Divisional Championship events are only open to Rocky Mountain Division Freestyle members who have declared Rocky Mountain as their division with US Ski & Snowboard. Rocky Mountain Division mogul and dual mogul athletes must compete in the Rocky Mountain Divisional Championships in their respective disciplines to be eligible to compete in Junior National Championships and/or U.S. Freestyle Championships.

If an athlete is physically unable, yet required to compete, a medical waiver from a licensed physician must be submitted to the RMFCC secretary prior to the Divisional Event, or immediately following, in the case of an injury at Divisional training.

Rocky Mountain Divisional Championships may be held across different resorts as posted in the official schedule. Entry to the moguls Divisional Championship event requires a pre-requisite of skiing in two (2) mogul events and one (1) dual mogul event in the current season. There are no event caps for Divisional Championship events.

### Qualification:

For moguls, the athlete must have competed in at least two (2) Rocky Mountain Competitive Series Junior, Open or Champs events during the season. For dual mogul's, the athlete must have competed in at least one Rocky dual mogul events during the season.

## Rocky Mountain Divisional Allocation to Junior National Championships:

If Rocky does not fill all allocations via Junior National's selection criteria for moguls and dual moguls, the divisional allocation will go to the highest finishers on Points List #3.

## Rocky Mountain Divisional Allocation to U.S. Freestyle Championships:

Rocky's divisional allocation to the U.S. Freestyle Championships for moguls and dual moguls shall be highest finisher from the Rocky Division Championship event who did not qualify for U.S. Freestyle Championships. For moguls, the divisional allocation will come from the mogul event at Divisional's. In the case of a tie in dual moguls, the tiebreaker will be the highest ranked athlete from the FFSP list used for U.S. Freestyle Championships invitations.

# COMP SERIES RULES

Rocky Mountain Competitive Series competitions are held in accordance with the rules established in the US Ski & Snowboard's Freestyle Competition Guide which can be found online at [www.ussa.org](http://www.ussa.org).

## Jump Qualifications

In accordance with Section 3070 of the USSA Freestyle Competition Guide, athletes must qualify all aerial maneuvers performed at Rocky Mountain Division Freestyle Mogul and Dual Mogul events.

Jump qualifications are to be reported to US Ski & Snowboard and to the Rocky Mountain Freestyle office. This includes non-divisional athletes competing in Rocky Mountain events.

## Start Orders

An official start order will be posted at the event check-in location. It is the athlete's responsibility to verify that they are on the start order before going on the mountain. Any omissions must be resolved with event officials prior to the start of the competition. Proof of registration is required if a competitor is not on the start order. Dual Mogul competitors are required to check the official entry list the day before the competition prior to 3:00pm to verify that they are on the list before the duals seeding and run order is prepared.

## Scorecards

Whenever possible, original judges' scorecards will be given to the competitors.

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*COLORADO SKI COUNTRY USA ALL-STAR PROGRAM*



*2019-2020*

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## Overview

Colorado Ski Country USA and The Rocky Mountain Division of The United State Ski and Snowboard Association announce a Colorado All Star Team. In recent years, Colorado Ski Country USA has allotted 19 Gold Passes to Freestyle each year good for unlimited skiing at each of the member resorts. After Vail Resorts withdrew from Colorado Ski Country USA, Vail Resorts has also awarded Vail Resorts passes to All Star Team athletes. Rocky Mountain Division (parent organization for Rocky Mountain Freestyle) provides 19 All Star Team jackets or backpacks to the deserving athletes. The current Colorado Ski Country USA Freestyle All Star Team size has 19 positions but could be reduced in the future.

The purpose of Colorado Ski Country USA's All-Star Team is to help Colorado athletes with their training and competition expenses.

## Selection Criteria

The selection criteria for being nominated an All-Star Team athlete (Freestyle) are as follows:

- 1) Only Colorado residents with a Colorado mailing address are eligible. Three-year proof of Colorado residency is required.
- 2) Athletes must have been active members of the US Ski & Snowboard Rocky Mountain Division (RMD) for the past three years with no lapses in membership. RMD must be your home division for those three years and RMD divisional dues must have been paid. Athletes must have competed in two Rocky Mountain Freestyle events and the RMF Divisional Championships for each of

those three years. Members must be in good standing with US Ski & Snowboard and RMD.

- 3) Current US Ski Team members are ineligible. Further, they are removed from the US Ski & Snowboard points lists for all remaining calculations.
- 4) From the season-ending Points List #5 of the previous season, those athletes who are both in the Top 5 and Top 5% of their respective discipline lists are selected to the All-Star Team. For some disciplines, the "top 5%" criteria may be the limiting factor, resulting in only two or so eligible positions. For other disciplines, the "top 5" criteria is the limiting factor. This selection criterion typically results in a list of approximately 12 athletes.
- 5) Next, only those disciplines that are 2018 Winter Olympic Sports are further considered. This eliminates Dual Moguls from further consideration. Athletes from these remaining disciplines are ranked according to their percentile rank and selected to fill the remaining spots to reach a team size of 19 athletes. For example, a Mogul skier in 15th position of 245 athletes (6.1%) would be named to the All-Star Team.
- 6) Typically, five alternates are named using the same criteria. Alternates will earn a spot on the All-Star Team only in the event of retirements of athletes nominated to the Team who are above them on the list and from physical assessment testing no-shows of other athletes nominated to the Team who are above them on the list.
- 7) All-Star Team nominees must accept their nomination by the nomination deadline as determined annually along with any supporting documentation requested. Failure to do so will result in the nomination being withdrawn.
- 8) All-Star Team nominees are required to participate in the All-Star Camp and attend Physical Assessments. This is usually the 2<sup>nd</sup> weekend on September. No exceptions will be made to this requirement. Failure to participate in this requirement or any other All-Star events will automatically forfeit the nomination.
- 9) All-Star Team nominees must also agree to participate in a minimum of three (3) Rocky Mountain Freestyle events during the season, one of which must be the Division Championship event.

- 10) They are required to sign a contract agreeing to these and other terms before receiving their All-Star Passes and Team Jacket. Athletes will receive their passes and jackets at the Fall Festival banquet in October (usually the 2nd Sunday) which they are required to attend.
- 11) If the number of All-Star Team spots is revised by Colorado Ski Country USA in the future, the first selection criteria will be revised to be 25% of the total number of All Star passes issued (rounded up to the nearest whole number). For example, if CSCUSA reduces the number of All-Star athletes to 10, the first selection criteria would be "Top 3 and Top 3%" [ $10 \times 25\% \Rightarrow 3$ ]; if they were to raise it to 40 athletes, the first selection criteria would be "Top 10 and Top 10%" [ $40 \times 25\% \Rightarrow 10$ ].
- 12) There is no injury clause or other exceptions to the above rules. Each athlete must re-qualify for the All-Star Team each year.

## Athlete Responsibility

Membership on the All-Star Team comes with responsibilities that must be met as follows:

- 1) As mentioned above, successful attendance at All-Star Camp and completion of the Physical Assessment is required. It is the athlete's responsibility to arrive at the All-Star Camp and Physical Assessment physically fit and ready to demonstrate their athletic preparedness to RMD officials through a series of prescribed physical fitness tests. Athletes who are temporarily injured or ill are still required to attend the Physical Assessment to help conduct the tests; injured or ill athletes are expected to be well enough to fulfill the other responsibilities of the All-Star Team during the regular ski season. In other words, the injury cannot be a "season-ending" one that would prevent an athlete from competing normally during the upcoming ski season.
- 2) All-Star Team athletes must agree to a Code of Conduct and sign an acknowledgement of that Code of Conduct.
- 3) All-Star Team athletes must write Thank-You letters to Colorado Ski Country USA and Vail Resorts prior to receiving their season passes from these organizations.

- 4) All-Star Team athletes are required to compete in a minimum of three (3) Rocky Mountain Freestyle Competitive Series events during the competition season. One of those events must be the Rocky Mountain Freestyle Division Championship event. An event is defined as one result on the appropriate US Ski & Snowboard Points List. The purpose of this “three-competition” responsibility is to demonstrate a commitment to the Rocky Mountain Division; by competing in Rocky events, the All Star Team athletes are bringing their high US Ski & Snowboard points back to the Division so that younger, up-and-coming athletes have a chance to compete against the best in our Division and earn higher US Ski & Snowboard Points as a result of these head-to-head competitions. The hope is that these younger athletes will raise their own competitive abilities and improve their standing in the national rankings.
- 5) If an athlete suffers an injury that would prevent him or her from fulfilling his or her three-competition responsibility (e.g. a season-ending injury), he or she must provide medical documentation supporting his or her condition. Depending on the nature and severity of the injury, the athlete may be asked to surrender his or her All Star Team passes to RMD officials. An athlete who fulfills the terms of this injury exemption may re-qualify for the next season’s All-Star Team if he or she meets the Eligibility Requirements as outlined in the above section; specifically, the athlete must still qualify based on their US Ski & Snowboard’s points even if he or she was injured.
- 6) Athletes who accept their position on the All-Star Team and fail to fulfill the responsibilities may have their season passes invalidated (“hot-passed”) and will be ineligible for the All-Star Team for a period of three (3) years even if all other requirements are met.



# OFFICIALS/EVENT VOLUNTEERS

Rocky Mountain Freestyle requires numerous Officials/Event Volunteers to help put on freestyle and freeski 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.

## VOLUNTEER OFFICIALS

Event officials are volunteers who are required to register and purchase an official's license with US Ski & Snowboard each year. These individuals are required to satisfy the required background screening and Safesport requirements of US Ski & Snowboard as well as participate in regular division training programs. The following positions are staffed by unpaid volunteers for competitions:

- **Chief of Competition:**
  - Runs the competition and oversees all other volunteers; forms a member of the 3-person competition jury along with the head judge & technical delegate
- **Chief of Scoring:**
  - Oversees the entry and verification of all competitor scores into a computer program that calculates competition results
- **Chief of Start:**
  - Readies competitors in the start area and announces the official start of each competitor

*The Chief of Competition, Chief of Scoring and Chief of Start are “skilled” volunteer positions that require some training and experience through an apprenticeship program.*

## US SKI & SNOWBOARD PAID OFFICIALS

Sanctioned events are supervised and judged by a panel of skilled, trained officials who have met higher levels of training that qualifies them to oversee the quality, fairness and satisfactory results of higher-level competition. These individuals, at their own expense, have attended national and in some cases, international training to further their skills in the supervision of competitions. The following positions are assigned by US Ski and Snowboard at the recommendation of the Division:

- **Technical Delegate (TD)**

- The Technical Delegate is the highest ranking official assigned to a competition by US Ski and Snowboard. The TD's duties are described under rule 3030 of the US Ski & Snowboard Freestyle & Freeskiing Competition Guide. The TD is the Chair of the Competition Jury at the event along with the Head Judge and the Chief of Competition.

- **Judges**

- Judges are assigned to judge the event by the US Ski and Snowboard Judge's Committee as recommended by the Division. A Head Judge will be assigned to oversee the duties of the judging panel. The Judges' duties are described under rule 3033 of the US Ski & Snowboard Freestyle & Freeskiing Competition Guide. The Head Judge is a voting member of the Competition Jury.

- **Chief of Production**

- The Chief of Production (COP) is responsible for the set-up of the competition equipment, the operation of that equipment and the sound production during an event. Specifically, the Chief of Production arrives at the venue the night before official training to establish contact with the host area to position the competition trailer at the base of the run. Throughout the event, the COP is on site and available to address production issues as they arise in order to support the successful flow of the event. The COP see to the effective wrap up of the event, teardown of the competition trailer and removal from the site. The COP is responsible for the trailer

contents, supplies and good order of the equipment and competition truck.

## Event Volunteers

- **Assistant Chief of Competition**
  - At larger events or when training a new chief of competition, an assistant chief of competition may be required
- **Assistant Chief of Scoring**
  - Works closely with the chief of scoring; it's a two-person job
- **Assistant starter**
  - Works closely with the chief of starting; it's a two-person job
- **Judge's assistant**
  - Assists on the judging stand for Dual Mogul events
- **Staple Queen or Staple Stud**
  - Staples the judges' score cards for Mogul events
- **Electronic timer**
  - Works with the chief of scoring or the head judge to record competitor times on the score cards
- **Hand timers**
  - Two volunteers operate the backup, manual timing for Mogul events
- **Finish Line Spotter**
  - Provides visual backup for the judges for Dual Mogul events
- **Runner(s)**
  - Assists with running score cards from the judging stand to the scoring tent; may help deliver lunches, start orders, and other light-weight items to officials and volunteers
- **Announcer**
  - Makes official announcements over the PA system about the event and competitors on course

Please volunteer to help a Rocky Mountain Division Freestyle or Freeski competition coming to a ski area near you...THANK YOU!

# COMPETITIVE SERIES SEASON AWARDS

## THE “GO FOR THE GOLD” AWARD

The goal for the “Go for the Gold” Award, which was begun by Melanie Palanieck, is to honor the Rocky Mountain Division U15 who embodies the drive and commitment of a combined athlete in freestyle. Originally, Melanie Palanieck was the very first woman to ever win a medal in the Olympics when aerials were held in Calgary, Alberta, Canada as a demonstration sport. She was from Winter Park and donated the award. The Master Traveling Trophy rests for one year with the recipient as well as giving out a small award which the recipient keeps.

Although it started out as a Formal Combine Award for those who did moguls, acro, and aerials, since acro is gone, it has been modified for us to acknowledge the U15 athlete who does either moguls or aerials or both.

## THE BUNTING AWARD

Is named after Jack and Jane Bunting and is the Volunteer of the Year Award. It goes to the participant volunteer who contributed the most dedication during the season to Freestyle.

## THE ROOKIE OF THE YEAR AWARD

The Rookie of the Year Award is designated to either a male or female athlete who is a rookie to Freestyle as a U15 or above.

## THE SPORTS PERSON OF THE YEAR AWARD

It is often given one to a male and one to a female who embody the spirit of the sport and competition and is recognized by fellow competitors and officials as having a positive effect on Freestyle.

## THE DON BANGHART AWARD

This recognizes the best male and female dual competitor in Rocky. Depending on the number of duals per season, we take the best three out of four, four out of five (etc.) to determine award recipients. We include Divisional's and well as the Spring Cool Down event (provided we had a dual at that event).

## THE ANDY WISE AWARD

Is given at the end of the year and is normally acknowledged and delivered at the Fall Festival since it has to be based on List 6 results to the male and female athlete who scored the highest number of points during the year in moguls.

## TEAM CUPS

The Team Awards are calculated based on a mathematical calculation where 50% of the score is based on the top ten athletes at each event and the 50% remaining of the score us the average points earned by the team at that event.

Teams Cups:

Steamboat Cup

Aspen Cup

Vail Cup

Winter Park Cup

Summit Cup

Southwest Cup

*!!Note: All athletes must be current Rocky Mountain Division athletes, in good standing, to be considered to receive the above awards.*

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## GLOSSARY

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**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 Devo. 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.

**DD** – Degree of Difficulty assigned to a jump for scoring purposes.

**RNS/DNF** – Run Not Scored/Did Not Finish

**DNS** – Did not ski

**DSQ** – Disqualified (Usually for blatant disregards of rules, such as code of conduct violations, unsafe behavior, etc.)

*Please refer to the US Ski & Snowboard Freestyle & Freeskiing Competition Guide for further definitions, jump clarifications and degrees of difficulty.*