

Rocky Mountain Development Freestyle Handbook
Revised and Edited Fall 2011

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Chapter 1 – Getting Started

Why

The Rocky Mountain Development Freestyle program was created to give young athletes opportunities for realistic competition experience in an age-appropriate scenario. The series emphasizes the development of basic freestyle skills in a safe environment. Devo also allows athletes to develop their teamwork and sportsmanship attitudes, and meet other young people who enjoy freestyle skiing.

Who, When and Where

The Devo program is for skiers age 12 and under (as of December 31 of the competition season) who are not competing in the Rocky Mountain Competitive Series program. The Devo program features 7 to 8 fun 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> as well as in the newsletter.

Skiers ages 13 and 14 who do not compete in the competitive series program may be included in Devo events with coaches' approval. However, **THEY MUST OBTAIN A USSA FREESTYLE COMPETITOR OR ROOKIE MEMBERSHIP**. See the section on Memberships and Licenses for more details.

Membership and Licenses

Each Devo competitor age 12 and under (as of December 31st of the competition season) must hold both a valid USSA Freestyle Youth membership and a Rocky Mountain Division Youth Membership. Both of these memberships are obtained together through the USSA on a single application. This information is available at <http://www.ussa.org>

Any coach approved 13 or 14 year old Devo competitor must obtain either a USSA Freestyle Competitor membership with a Rocky membership, or a USSA Rookie membership, as appropriate. See the USSA website for details on these memberships.

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

How

Event Fees and Registration

To register for a Devo event, go to <http://www.rockymountainfreestyle.com> and click on the Devo series link. Here, you will see a list of events. Simply click on area that shows how many spots are left and fill out the form. The cost is \$35 for two jump, timed Devo mogul events, and \$25 for all other Devo events. 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 has not been met. If you register for an event and then are unable to attend, please immediately let Wendy Lana at the Rocky Mountain Division office via email at wlana@rockymountainfreestyle.com. A refund MAY be possible if she is given enough notice.

If the event is filled, email Devo chairperson Katherine Gleason at kalynch66@aol.com. She will notify people in the order emails were received IF and when spots become available.

Devo Move-Ups

All Devo skiers are permitted to compete in ONE Rocky Mountain Competitive Series event without losing their Devo status and requiring an additional license. A Devo athlete may only move up to events that are classified as “Open” or “Junior” events; no “Champ” or “Senior” move-up 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 Devo athletes can compete in these events without them counting as an official move-up.

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

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

Age groups (Age as of December 31st of the competition season)

8 and under – J6	15 and 16 – J2
9 and 10 – J5	17 and 18 – J1
11 and 12 – J4	19-24 Senior
13 and 14 – J3	25-39 Veteran 1
	40 + Veterans 2

Helmet Requirement

All competitors **MUST** wear a helmet during competition and training at all Rocky competitions.

Chapter 2 – Event Descriptions and Rules

For all events, the start order will be the same for both runs. We will begin with J6 girls, followed by J6 boys, and so on up through the age groups. The only exception will be Devo Championships, where the moguls are divided into two days: J5 and J6 on one day, and J3 and J4 on the following day. In that case, J4 girls will be first on their respective competition day.

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. In addition, the highest scoring top ten male and female athletes will receive overall awards. Finally, participation ribbons will be available for all athletes. 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 provides these details.

Single Moguls

Each competitor skis solo on the lane of their choice within the competition venue. The venue is defined by the roped-off area of a ski run. There will be at least three lanes within the venue. One will contain a beginner jump, another will contain an intermediate jump, and one will contain an expert jump. It is the responsibility of the athlete to inspect the course, including all jumps, before attempting any aerial maneuvers.

The athlete will be judged for their turns with regard to their 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.

The athlete will also be judged on an aerial maneuver, usually performed at the designated jump within the lane. These jumps will be judged on execution, altitude, take-off, and landing. The degree of difficulty for a particular jump is factored in by the scoring program. Devo athletes are not permitted to do any inverted or off-axis maneuvers. Rotations are limited to 720 degrees in Devo mogul competitions.

Within the Devo program, speed is not a factor in most events, and time is not 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. Some Devo events will be timed in an effort to better prepare athletes for future success. These events will have two jumps in a run. Coaches can help direct athletes toward the events that are appropriate for the athlete's skill level.

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. The athletes will be assigned the left hand or right hand side of the course (usually termed Red Course and Blue Course) for each run. Every effort will be made by the host area to make the lanes and jumps equal, intermediate jumps for dual competitions. 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 advances to the next round.

Duals will be divided into two groups based on age: J5 and J6 athletes of the same gender will ski against each other until the top four have been determined. J3 and J4 athletes of the same gender will ski against each other until the top four have been determined.

Aerials

An aerials competition focuses simply on the jumping portion of freestyle, and not the moguls. The aerial site will consist of at least three jumps, with the smallest known as Jump 1, the next larger as Jump 2, and the largest as Jump 3. Athletes will select their jump based on their skill level and conferences with their coaches.

Devo 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.

During aerials, 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 approaches 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 Devo, 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.

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 Devo level. Rotations of any degree may be performed. The skiers will be judged on variety, amplitude, difficulty and execution, and again, it will be a best of two run format. Each judge is an overall judge in the slopestyle format.

Halfpipe

If a Devo halfpipe event should occur, it may or may not take place at a small venue. The event will be judged in the same fashion as slopestyle.

Devo Championships

Devo Championships are the culminating event of the season. Athletes must compete in any two Devo events to attend Championships. For example, athlete could ski in a slopestyle event on Saturday and a mogul event on Sunday at the same venue. This would count as two Devo events and they would be eligible for Championships. In addition, the days are divided into a slopestyle or dual moguls day, a J5 and J6 day, and a J3 and J4 day, with awards for each days event occurring at the end of the day. The J3 and J4 day will be a two jump, timed event.

Chapter 3 – Judging

Moguls

The athlete will be judged for their turns with regard to their 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.

The score sheet in Appendix A break the point system down into categories of Excellent, Very Good, Average, Below Average, and Poor. An athlete will be given a numerical score that reflects their ability to turn according to the factors listed above. They can receive a maximum of 5 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 athlete will also be judged on an aerial maneuver, usually performed at the designated jump within the lane. These jumps will be judged on execution, altitude, take-off, and landing. The degree of difficulty for a particular jump is factored in by the scoring program.

Two of the three judges judge the aerial maneuver within a run. If an athlete chooses to execute more than one aerial maneuver, and both maneuvers occur before the finish line, the judges' will score the one that was executed the best, regardless of difficulty. The judges each have a maximum of 2.5 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.

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. The athletes will be assigned the left hand or right hand side of the course (usually termed Red Course and Blue Course) for each run. Every effort will be made by the host area to make the lanes and jumps equal, intermediate jumps for dual competitions. 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.

With a three judge format, all three judges are overall judges. 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. With a five judge format, two judges are judging turns, one air, one overall, and one speed.

Aerials

An aerials competition focuses simply on the jumping portion of freestyle, and not the moguls. The aerial site will consist of at least three jumps, with the smallest known as Jump 1, the next larger as Jump 2, and the largest as Jump 3. Athletes will select their jump based on their skill level and conferences with their coaches.

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

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 Devo level. Halfpipe events will occur in a halfpipe, possibly a regular sized halfpipe, and possibly a smaller one if a venue permits. The skiers will be judged on variety, amplitude, difficulty and execution, and again, it will be a best of two run format.

In Devo, all three judges give an overall score taking into account the above standards. Points are deducted for falls.

Chapter 4 – Programs

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

Aspen Valley Ski and Snowboard Club

240 High School Road

Aspen, CO 81611

(970)

Freestyle Director: Eric Knight eknight@teamavsc.org

Development Director: Zak Fishkin zfishkin@teamavsc.org

Team Summit

P.O. Box

Copper Mountain, CO 80435

(970)

Freestyle Director: Chris Carson chrisfcarsen@hotmail.com

Team Breckenridge

Freestyle Director: John Dowling dardog321@aol.com

Durango Freestyle

Director: Kirk Rawles moguldogs@bresnan.net

Telluride Ski and Snowboard Club

Freestyle Director: Caleb Martin freestyle@twssc.com

Development Director: Nori Lupfer nori@p2000teachnology.com

Ski and Snowboard Club Vail

Freestyle Director: Mike Friedberg mfriedberg@skiclubvail.org

Development Director: John Grigsby jgrigsby@skiclubvail.org

Steamboat Springs Winter Sports Club

Freestyle Director: Eric Skinner skinnersswsc@yahoo.com

Winter Park 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 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.

RNS/DNF – Run Not Scored/Did Not Finish