

# **SPORT INFORMATION PACKAGE**

## **FREESTYLE SKIING**

**2011 Canada Games**  
**Halifax, Nova Scotia**

# **SPORT INFORMATION PACKAGE FREESTYLE SKIING**

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## A. HISTORY OF SPORT

To air is human. To BIG AIR is Freestyle!

Freestyle skiing has been a part of the Canadian sport system since the mid 1970s. What started out as a bunch of skiers trying to make the most flamboyant run down a Mogul course, more for fun than anything else has, over the years, evolved into a seven discipline structured and always breath-taking culture that has won Canada more FIS World Cup medals than any other sport.

The jumps have gotten bigger, the Mogul courses have gotten steeper and the Halfpipe has gotten higher, which has made legions of spectators jaws drop. As the sport has grown, coaching techniques have been refined which has resulted in skills that were once only the domain of the elite now being performed by kids of much younger ages.

Canada has been the FIS Nations Cup winner for the last five years running. As well, we have won numerous FIS World Cup and World Championships medals in Moguls, Dual Moguls, Aerials and Halfpipe.

Freestyle was introduced to the Olympic Games in the 90's, with Moguls making its debut in 1992, and Aerials following in 1994. So far Canada has had 18, top-five Olympic finishes, including eight medals – two of them at the Vancouver 2010 Winter Olympic Games: Alex Bilodeau's gold and Jenn Heil's silver; both in Moguls.

The late 1990s also saw the emergence of the new disciplines of Halfpipe, Table Top, Ski Cross and Slopestyle all which feature new and daring ways for the athletes to defy gravity on skis.

Freestyle has been a part of the Canada Winter Games since 1995, where the Mogul event was competed at Marmot Basin in Jasper, Alta (co-hosted with Grande Prairie). Aerials was added when the Games went to Corner Brook, Nfld. The Aerial event was so popular it shut down the Trans-Canada highway and the army had to be brought in to assist with traffic control! Duals Moguls added more flair when the Games travelled to Campbellton-Bathurst, NB in 2003 and Halfpipe was added in Whitehorse, NWT in 2007.

## B. CANADA GAMES SPORT HISTORY AND PAST RESULTS

Freestyle skiing was first contested at the Canada Games in 1995 in Grande-Prairie, Alberta. Below are the ranking of the Provinces/Territories since the inaugural games:

	1995		1999		2003		2007	
	<i>M</i>	<i>F</i>	<i>M</i>	<i>F</i>	<i>M</i>	<i>F</i>	<i>M</i>	<i>F</i>
<b>AB</b>	2	5	7	4	3	4	3	5
<b>BC</b>	4	2	6	2	1	2	2	1
<b>MB</b>	9	4	2	6	5	5	5	4



## **Single Moguls**

Olympic discipline

Speed, turns and air ... negotiate bumps, or moguls, at some four moguls per second. Everyone who skis has had to negotiate bumps or moguls at some point and knows how challenging they can be. The incredible skill, athleticism and courage of the world's top mogul skiers makes it look easy, as they race straight down the fall line at lightning speeds. The top skiers are covering as many as four moguls per second!

### **The Course**

Length is between 200 and 270 metres with an average grade of 26 degrees. Moguls are set approximately 3.5 metres apart. The course includes two small jumps which are used as a take-off for aerials.

### **Judging**

Competitors rip down the mogul course and launch themselves off two jumps on the way down under scrutiny of a panel of seven judges. Marks are awarded for the technical quality of the skier's turns (50%), the two aerial manoeuvres (25%) and speed (25%). While speed is a factor, the fastest skier across the finish line does not necessarily win.

### **Competition Format**

Qualifying round with a single descent, followed by a final featuring the top 12 or 16 from the first round. Only scores from the final run count for final results.

## **Dual Moguls**

World Championship discipline

Head to head action ...

In Dual Moguls, competitors race head-to-head in knock-out rounds. The added adrenaline of racing side-by-side means skiers often push themselves beyond their limits, resulting in either spectacular crashes or some of the most awesome bump skiing you will ever see. Results from the Dual Moguls competitions on the FIS World Cup tour are combined with Single Moguls results to determine the overall World Cup Mogul Champion at the end of each year.

### **Judging**

A panel of seven judges award marks: four judges score the turns, two judges score the air (jumps), and one judge scores the speed. Each judge has five "votes" which can be allocated between the two skiers according to the course colour they have skied in (i.e. 5 Blue/0 Red, 4 Blue/1 Red, etc). Those votes are added up to a total of 35 with a majority of 18 being needed to move on to the next round or win.

## Competition Format

Competitions are either:

- a) Single run qualification round (as per single Moguls) to seed the Duals, which would usually be sixteen pairs of Duals or;
- b) Elimination rounds of the entire field of competitors based on seeding from either the results of a prior Dual competition or a prior Single Moguls competition.

## LINGO

**Iron cross:** Ski tips cross as skier remains upright. Tips drop, but heels are kicked to either side.

**Spread Eagle:** Starting position for making snow angels: arms extended and legs split, usually 90 degrees or more to the side.

**360 :** Upright aerial spin of 360 degrees often called a helicopter or chopper.

**720:** Double helicopter.

**Mute Grab:** 360 with an Iron Cross Back Scratcher in the middle (often referred to as a "Heli-Mute").

**Off-axis:** A true flip is one that turns around the horizontal (zero degree) axis. A true spin is one that turns around the vertical (90 degree) one. An off-axis spin or flip is one that deviates from these norms.

**D Spin:** A back flip with an off-axis twist, named after the 'godfather' of newschool, Mike Douglas

**Back full:** A back flip with a full twist, both true to the 'normal' axis

**Lincoln Loop:** A sideways flip

**Grab:** Any part of the ski or binding that is grabbed by the hand — there are Tail, Mute, Japan and Toxic grabs in addition to a whole mess of others, all which add flavor to the tricks

**Rodeo :** Backwards initiated off-axis flip

**Flat Spin :** Another off-axis trick, where the skier looks like they are spinning like a horizontal wheel.

**Cork 720 :** Two rotations as if spinning in a frontal wheel.

**Switch :** Taking off a jump backwards.

**Fakie :** Landing backwards

## Halfpipe

**Equipment:** Halfpipe skiers use news school 'twin tip' parabolic skis that allow them to go forward or backward.

## Lexicon on Halfpipe

Going way back, halfpipes originated from surfing and then skateboarding when

surfers in California decided that trying to skate in some huge storm drains might be a fun thing to do when the waves weren't pumping. This eventually evolved into skate-specific halfpipe so the athletes could "drop in" (start off on the lip of the pipe).

Skateboarding moved over to the white waves when the snowboard was perfected and the boarders decided they wanted to bring what they had perfected on concrete over to the snow. To make a long story short, the skiers saw the boarders flying off these frozen sculpted terrain parks and felt the desire to go higher. And voila! A new discipline was born.

As the sport has evolved, so have the tricks. Whereas a few years ago 1 1/2 spins and a bunch of grabs were the tricks of the day, now it is not uncommon to see two or three tricks involving two-and-a-half spins as well as a couple of variations of flips in one run. The pipe has been getting bigger to accommodate the increasing level of difficulty of the tricks.

#### **In competition athletes are judged on:**

**Amplitude:** How high they fly out of the pipe

**DD :** The degree of difficulty of the tricks

**Execution:** How well the athletes perform said tricks

**Flow:** The whole package and how athletes move from trick to trick

The basic DD equates to the number of spins or flips done in the trick but the "total package" includes the grabs and positions (personality and style) that athletes add to the tricks to make them their own.

#### **The Pipe Specs (Average)**

**Length:** 150 meters

**Slope:** 16 degrees

**Vertical incline:** 83 degrees

**Width:** 22 meters

#### **Lingo**

**Flair:** Back flip with a half-twist.

**Corked:** Describes any kind of spin or flip that is performed between the vertical and horizontal axis (either upright or inverted).

**McTwist:** Tilted front flip with one-and-a half spins.

**540, 720, 900, 1080:** 1.5, 2, 2.5 and 3 spins respectively.

**Grab:** A style effect where the hand grabs a part of the ski (there are many variations of grabs).

**Ally-Oop:** A trick that spins away from the fall line of the pipe.

**Coping:** The edge of the pipe.

**Deck:** The flat areas on the sides of the pipe.

**Walls:** The sides of the pipe.

**Flat:** The bottom of the pipe.

**Transition:** The area between the Wall and the Flat.

## **Aerials**

**Equipment:** Aerial skis are shorter (generally 160 cm. to allow more manoeuvrability. Poles are either used or not depending on the trick the athletes chooses to do. Some athletes choose to go off the jump (and land...yes land!) backwards.

Aerials is one of the most technically-challenging and spectator-captivating sports in the world. At the World Cup level, competitors hit the jumps, or 'kickers' at speeds of 60 km/h or more, launch themselves some 20 meters in the air and perform up to three back somersaults with up to five twists, landing on a steep landing hill that most people would be nervous just skiing. These are the most difficult maneuvers performed in any acrobatic sport.

At the Canada Winter Games athletes will likely perform single, or perhaps double flips, or will choose to use the 'floater' jumps to perform new school tricks like rodeos or spins – many of the same jumps they perform in the moguls, only bigger.

Aerialists train on trampolines and must qualify their jumps on water ramps in the summer.

## **Judging**

Competitors must perform two different jumps. Points are awarded for takeoff (20%), form in the air (50%) and landing (30%). Scores of both jumps are combined for a final total mark.

## **Competition Format**

Competitions usually include a qualification round and a final round with one or two jumps in each. The exact format for each event is determined by the FIS and the event organizing committee.

## **F. ELIGIBILITY**

Athletes must be born on or after July 2, 1992 and on or before July 1st, 1996 inclusive. This falls within the Canadian Freestyle Ski Association (CFSA) age category for Juvenile/Junior.

## **G. JUDGING/SCORING SYSTEM**

### ***Moguls***

Competitors rip down the 29-degree (give or take a degree or two) mogul course and launch themselves off two jumps on the way down under scrutiny of a panel of seven

judges. Marks are awarded for the technical quality of the skier's turns (50%), the two upright aerial maneuvers (25%) and speed (25%). While speed is a factor, the fastest skier across the finish line does not necessarily win.

### ***Dual Moguls***

As with Single Moguls, a panel of seven judges award marks for turns, speed and air, deciding by a show of panels who will go forward to the next round. Again, the fastest skier over the finish line is not necessarily the winner.

### ***Aerials***

Competitors must perform two different jumps consisting of single or multiple somersaults with or without twists. Each jump must vary by one somersault or one twist. Points are awarded for take-off (20% of score), form in the air (50% of score) and landing (30% of score). Scores of both jumps are added together for a final mark.

### ***Halfpipe***

In the Halfpipe, competitors are given an overall score based on a number of different aspects:

<b>Judging criteria</b>
<b>Amplitude</b> (how high they fly out of the pipe while doing their tricks)
<b>DD</b> (the Degree of Difficulty of the tricks)
<b>Execution</b> (how well the athletes perform their tricks)
<b>Flow</b> (the whole package and the movement from trick to trick)

The basic DD equates to the number of spins or flips done in the trick but the "total package" includes the grabs and positions (personality and style) that athletes add to the tricks to make them their own.

Athletes will be ranked from first through last place. The province's/territory's two best finishers will count towards the provincial/territorial ranking point total.

**If there is a tie, points will be shared equally between competitors** (i.e. if tied for first then each competitor would receive  $98.5$  points  $(100+97)/2$ ). If an athlete does not finish or is disqualified, the athlete does not receive any points.

<b>Position</b>	<b>PTS</b>	<b>Position</b>	<b>PTS</b>	<b>Position</b>	<b>PTS</b>	<b>Position</b>	<b>PTS</b>	<b>Position</b>	<b>PTS</b>
1 <sup>st</sup>	100	12 <sup>th</sup>	74	23 <sup>rd</sup>	63	34 <sup>th</sup>	52	45 <sup>th</sup>	41
2 <sup>nd</sup>	97	13 <sup>th</sup>	73	24 <sup>th</sup>	62	35 <sup>th</sup>	51	46 <sup>th</sup>	40
3 <sup>rd</sup>	94	14 <sup>th</sup>	72	25 <sup>th</sup>	61	36 <sup>th</sup>	50	47 <sup>th</sup>	39
4 <sup>th</sup>	91	15 <sup>th</sup>	71	26 <sup>th</sup>	60	37 <sup>th</sup>	49	48 <sup>th</sup>	38
5 <sup>th</sup>	88	16 <sup>th</sup>	70	27 <sup>th</sup>	59	38 <sup>th</sup>	48	49 <sup>th</sup>	37
6 <sup>th</sup>	85	17 <sup>th</sup>	69	28 <sup>th</sup>	58	39 <sup>th</sup>	47	50 <sup>th</sup>	36
7 <sup>th</sup>	83	18 <sup>th</sup>	68	29 <sup>th</sup>	57	40 <sup>th</sup>	46	51 <sup>st</sup>	35
8 <sup>th</sup>	81	19 <sup>th</sup>	67	30 <sup>th</sup>	56	41 <sup>st</sup>	45	52 <sup>nd</sup>	34
9 <sup>th</sup>	79	20 <sup>th</sup>	66	31 <sup>st</sup>	55	42 <sup>nd</sup>	44		
10 <sup>th</sup>	77	21 <sup>st</sup>	65	32 <sup>nd</sup>	54	43 <sup>rd</sup>	43		
11 <sup>th</sup>	75	22 <sup>nd</sup>	64	33 <sup>rd</sup>	53	44 <sup>th</sup>	42		

When the ranking of men's and women's teams has been established, points for the Games flag will be awarded as follows:

Position	PTS	Position	PTS	Position	PTS
1 <sup>st</sup>	10	6 <sup>th</sup>	5	11 <sup>th</sup>	1.5
2 <sup>nd</sup>	9	7 <sup>th</sup>	4	12 <sup>th</sup>	1
3 <sup>rd</sup>	8	8 <sup>th</sup>	3	13 <sup>th</sup>	0.5
4 <sup>th</sup>	7	9 <sup>th</sup>	2.5		
5 <sup>th</sup>	6	10 <sup>th</sup>	2		

## H. PLAYOFF AND TIE-BREAKING FORMAT

### *Competition*

If a tie occurs in an event, the tie shall be broken according to the CFSA General Rules and Regulation and the CFSA Judging Manual.

In the event that a tie cannot be broken according to the above, then both competitors would receive the same position and award and the next position would be eliminated. For example, in the case of a tie for first place, both competitors would receive a gold medal and the second place competitor would be placed third and awarded a bronze medal.

### *Provincial/Territorial Ranking*

1. If a tie occurs in the final provincial/territorial team standing, the province/territory with the greater number of event first places will be assigned the higher rank.
2. If the tie persists, the procedure is repeated for event team second places.
3. If necessary, the procedure is repeated for event team, third place, then fourth places, etc.

Note: When a triple tie occurs and is only partially resolved, the remaining ties will be resolved by returning to priority #1 and proceeding through the order again.

## I. ROLE OF OFFICIALS IN SPORT

*Chief of Competition:* Responsible for preparation of all sites and officials

*Chiefs of Course:* Responsible for preparation of a specific course

*Course Crews:* Assist with preparation and maintenance of courses.

*Starters:* Ensure athletes are in order of start and that in the case of Dual Moguls that the start procedure is fair.

*Scorer:* Calculates and produces scores.

*Timers:* Responsible for installation, maintenance and operation of timing systems and speed trap for the event.

*Judges:* Evaluate athletes as per the criteria listed in the CFSA Rules & Regulations.

## **J. FACILITY DESCRIPTION**

All freestyle ski events will take place at Ski Wentworth. The ski club boasts International Ski Federation (FIS) approved sites, including a dual mogul site, a halfpipe, two big air jumps, one double jump and one single jump for aerials. Ski Wentworth is located 107 kilometres from the Athletes' Village.

## **K. SPORT MEMBERSHIP NUMBERS AND STRUCTURE**

Freestyle skiers are members or local clubs where they live which are a part of an Association linked to their Province or Territory. Each Association is then a member of the Canadian Freestyle Skiing Association (CFSA). For more information regarding the CFSA visit their website at [www.freestyleski.com](http://www.freestyleski.com).

## **L. ATHLETES TO WATCH FOR**

-- Since the team members from each province have yet to be selected we can only provide "best guesses" to watch at this point (these are based on Junior national results which were held on the Wentworth sites last year), however, there are some general trends:

Look for the Quebec and B.C. Teams to have the strongest mogul contingent. The current National Team is made up of mainly Quebec athletes, but in recent years B.C.'s mogul program has gotten stronger.

The Pipe competition points to Alberta and Ontario which each have a very strong new school focus. B.C. could be a dark horse in this competition.

The Air event is literally "up in the air" because when it comes to speculating a potential winner all provinces have good depth which makes for excellent competition. Alberta would be a good bet due to their mastery of skills in the Pipe but don't drop it all on one province because there will likely be some surprises.

Women's Moguls	Myrian Leclerc (QC) Alex-Anne Gagnon (QC) Julie Bureau (QC) Andi Naude (BC)	1 <sup>st</sup> Junior Nationals 2010 1 <sup>st</sup> Juvenile Nationals 2010 2 <sup>nd</sup> Juvenile Nationals 2010 1 <sup>st</sup> Youth Nationals 2010
Men's Moguls	Gabriel Cloutier (QC) Kerrian Chunland (QC) Luke Ulsifer (AB)	1 <sup>st</sup> Junior Nationals 2010 1 <sup>st</sup> Juvenile Nationals
Women's Pipe	Yuki Tsubota (BC)	3rd Pipe Nationals
Men's Aerials	Keaton Carlson (AB) Gabriel Cloutier (QC) Stefan Streko(NS)	1st Junior Nationals 2 <sup>nd</sup> Junior Nationals 3rd Junor Nationals
Women's Aerials	Julie Bureau (QC) Yuki Tsubota (BC) Jillian Gordon (ON)	1st Junior Nationals 3rd Juvenile Nationals

### M. NOTABLE PAST ATHLETES/ALUMNI

Athlete	Province	Canada Games	World Cup Overall	Olympics	Other
Jenn Heil	Alberta	1999	2005 (1st) 2006 (1st)	2002 (4 <sup>th</sup> ) 2006 (Gold!!) 2010 (Silver)	
TJ Schiller	BC	2003			X Games Big Air (Gold!!)
Diedra Dionne	Alberta	1999		2002 (Bronze!)	
Kyle Nissen	Alberta	1999	2006 (2nd)	2006, 2010	
Chloe Dufour-Lapointe	Quebec	2007		2010	

## **N. NOTABLE CANADIAN RECORDS**

- The Canadian Freestyle Ski Team ... “the Canadian Air Force” ... has won more than 100 World Cup medals over the past 4 years; and more than 1,200 since the inception of the FIS World Cup in 1980.
- Alex Bilodeau was the first Canadian to win an Olympic gold medal on Canadian soil -- in moguls at the Vancouver 2010 Winter Olympic Games.
- Jenn Heil has two Olympic medals (Gold in Torino, 2006 and Silver in Vancouver, 2010), five FIS women’s moguls crystal globes and 64 World Cup podiums to her credit, making her one of the most decorated mogul skiers in history.
- Canadians have won 55 World Championship medals since the first Freestyle FIS World Championships was held in Tignes, France in 1986. Alex Bilodeau is the current World Champion in dual moguls.
- That Canadian Freestyle athletes have won 12 Olympic medals in Aerials and Moguls since these disciplines were introduced to the Games as a demonstration sport in Calgary in 1988. Canadian medallists include aerialists: Jean-Marc Rozon, Lloyd Langlois, Phil Laroche, Nicolas Fontaine, Deidra Dionne and Veronica Brenner. Mogul medallists include: Jean-Luc Brassard, Jenn Heil and Alex Bilodeau.
- Recently-retired Aerialist Steve Omischl won four FIS crystal globes, four World Championship medals and 41 FIS World Cup medals over the course of his career .
- Canada has won the prestigious FIS Nations’ Cup as the top freestyle team in the world seven times over the past eight years. Last season, Canada earned 5,284 points, well ahead of the second-place USA’s 3,308.
- The Canadian men’s mogul trio of Alexandre Bilodeau, Pierre-Alexandre Rousseau and Vincent Marquis posted two historic podium sweeps in 2008-09: once at Ski Mont-Gabriel, Québec and once in Are, Sweden.
- Freestyle aerialists do the most difficult gymnastic manoeuvres in any sport – up to five twists and three flips. And travel to 65 km/h and fly up to 20 metres high (that’s the equivalent of a six story building!)
- Freestyle mogul skiers cover 230-metre courses in about 25 seconds, about three moguls a second, at about a 28-degree incline, and do two aerial tricks at the same time
- The world’s best-known Freestyle Half Pipe skier is Canada’s own X-Game-winning Sarah Burke?
- More than 25 countries have freestyle skiing programs and Freestyle has the only World Cup ski events held in China?

## **O. ATHLETE/TEAM MATCH-UPS (RIVALRIES)**

With a strong moguls teams hailing from Quebec and B.C., these provinces will likely compete for top spots in moguls and dual moguls.

In the Pipe competition Alberta and Ontario will likely fight it out for the top spot.