



2023 Canada Winter Games Freestyle Ski Technical Package



Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the Host Society by detailing competition formats and scoring procedures, assist Provincial/Territorial (P/T) Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coach certification by stating minimum requirements, and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "Train to Compete" phase of its Long Term Development (LTD) model, or other suitable phase of LTD as justified by the NSO.

Technical Packages are developed 36 to 24 months prior to the Canada Games primarily by NSOs, following the Canada Games Council's (CGC) [Principles that Govern Technical Packages](#). As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO.

Relevant Games stakeholders, specifically Provincial/Territorial Sport Organizations (P/TSOs) and P/T team staff, are encouraged to review the Technical Package in detail to ensure a thorough understanding. If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will submit the requested change or clarification to the CGC for consideration. Timelines for requesting changes to major elements of the Technical Package (i.e. team sizes, age categories, eligibility restrictions, events, competition formats) are outlined in the Principles that Govern Technical Packages. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six [6] months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games stakeholders early.

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2023 Canada Winter Games Freestyle Ski Technical Package

1. SPORT: FREESTYLE SKI

2. PARTICIPANTS

2.1. Athletes

5 Males, 5 Females

All registered athletes must intend to compete in at least one event.

Minimum 2 athletes per gender per province/territory must participate in each discipline.* **For the Mixed Dual Moguls Team event, a province/territory must enter a minimum of one (1) team.**

*Exceptions to this rule may be permitted for P/T teams sending less than 4 athletes per gender. Requests for exceptions must be submitted to Freestyle Canada.

2.2. Staff

Teams may choose to send either of the following:

- 3 Coaches
- 2 Coaches & 1 Manager

If female athletes are being sent, one of the coaches must be female.

If male athletes are being sent, one of the coaches must be male.

2.3. Additional Team Staff*

- Apprentice Coach
 - See [Women in Coaching Canada Games Apprenticeship Program](#)
 - See [Aboriginal Apprentice Coach Program](#)
 - Apprentice coaches have the same access as athletes and team staff.
- Venue Pass Holder
 - See [Venue Pass Holder Policy](#)

- Venue Pass Holders do not have access to the field of play
- Venue Pass Holder's venue access
 - Sport Operational Zone (Zone 2)
 - Back of House Zone (Zone 3)

* Additional team staff positions are administered by the P/T Team. Positions must be applied for based on each P/T Team's process. For information pertaining to the process in your P/T contact your Chef de Mission.

2.4. Support for Participants

The Canada Games Council recognizes there can be barriers to participation/attendance at the Canada Games. The below policies have been developed to provide support to participants when required:

- [Support for Nursing Mothers Policy](#)
- [Participant Assistant Policy](#)

3. CLASSIFICATION

Athletes must be a minimum of 14 years of age and a maximum of 20 years of age as of December 31, 2022.

Year of birth: 2002-2008

4. ELIGIBILITY

4.1. Athletes

All athletes must meet the eligibility regulations outlined in CGC's [Eligibility Policy](#).

Excluded from the Canada Games are:

- Senior National Team Members - Defined as: Athletes who have held an SR, SR1, SR2 or C1 card at any time; and/or athletes who are part of (on the roster of) a standing Senior National Team (i.e. recognized as a Senior National Team member regardless of event participation)
- Athletes who have previously competed at the following events:
 - Senior World Championships
 - Olympic Games

- World Cups*

*An athlete who has participated in a World Cup event could be eligible only if they are part of the NextGen team.

No athlete can be rendered ineligible within 90 days of the opening of the Games due to National Team status, carding status or competing in an excluded event (i.e., if an athlete is granted National Team status for the first time, carding status or competes in an excluded event after November 20, 2022 they will still be considered eligible to compete at the 2023 Canada Games).

* Athletes who hold a C1 card (as defined by Sport Canada’s Athlete Assistance program) or are in their first year of Senior National Team status may be deemed eligible on a case by case basis. Requests must be submitted to the respective P/T Team Chef de Mission and approved by the Canada Games Council’s Eligibility Committee.

4.2. Coaches

All coaches registered in the Canada Games electronic registration system must be certified under the National Coaching Certification Program (NCCP) Competition Stream, Development Context (certified status) in Freestyle Ski (either Moguls or Slopestyle), with the exception of Aerials coaches, who must be Competition Stream, Introduction - Air (certified status).

Any athletes doing single inverted jumps must be supported by a Freestyle Canada Certified Air 4 Coach.

Any athletes doing doubles must be supported by a Freestyle Canada Certified Air Doubles (Snow) Coach.

Coaches must be so certified no later than 60 days prior to the opening ceremony (December 20, 2022).

Please note that “NCCP Competition-Development Certified, Not Renewed” does not qualify under the coaching standards for the 2023 Canada Winter Games.

Please refer to the CGC’s [Coach Certification Policy](#) for additional information.

For more information on the coach certification pathway for Freestyle Ski, please see Appendix 1.

5. COMPETITION

5.1. Rules

The Freestyle Canada (FC) Rules and Regulations will be in effect. Competition will be held in men's and women's Moguls, Dual Moguls, **Mixed Dual Moguls Team**, Aerials, Slopestyle, and Big Air.

5.2. Events

Moguls

- 3 Rounds Format:
 - *Qualifications:*
 - Best of two runs.
 - Top 6 from this round move to the Final round.
 - Top 6 will be seeded 1-6 in Final round
 - *2nd Chance Round:*
 - 7th place to last place get one more run.
 - Athletes ranked 1 to 4 in 2nd round move to Final.
 - These athletes will be seeded 7-10 in Final round
 - *Final:*
 - Minimum 10 per gender or 50% of starting field size, whichever number is greater.
 - Best of 1 Run
 - Run is reverse order

Dual Moguls

- Seed from singles competition.
- The rankings of 1 to 8 shall be determined by duals.

Mixed Dual Moguls Team

- A Province or Territory can enter one (1) or two (2) teams.
- Each team will consist of one (1) female competitor and one (1) male competitor for a total of two (2) mixed competitors. A Province or Territory is allowed one (1) additional reserve competitor per gender, who can be a substitute, but not on another team.
- A competitor may be on only one team.

- Each team is composed of competitors from a single Province or Territory.
- The entry and seeding in the competition heats will be based upon the ranking of the sum of the 2023 CWG Single Moguls scoring points of each team.
- Teams compete in heats, with the winning team advancing to the next round. In each round, every team takes part in one heat in order of the Start List as per the knockout ladder.
- Each heat consists of one run by each team member against a member of the other team. A heat consists of two runs designated 'a' and 'b'; run 'a' shall be followed by run 'b'.
- The teams are ranked by "dualling off" down to 4th place.
- All other teams are ranked according to their total team score in each round.
- Freestyle Ski ICR Section 4800, Dual Mogul Team Competition Rules.

Aerials

- *Qualification Round:*
 - Sum of best 2 different jumps out of 3 jumps.
- *Final Round:*
 - Minimum 10 per gender or 50% of starting field size, whichever number is greater
 - Sum of best 2 different jumps out of 3 jumps.
 - *Note: For the Final round, athletes can repeat the same jumps done in qualification.

Slopestyle

- *Qualification Round:*
 - Best of 2 runs, top 50% move to Final.
- *Final:*
 - Best of 2 runs.

Big Air

- *Qualification Round:*
 - Best 2 jumps, top 50% move to Final.
- *Final:*
 - Best of 2 jumps.

5.3. Weather Protocol

The Jury holds the responsibility to run a safe competition for all competitors. The Jury has the authority to make decisions regarding the competition and any impacting weather conditions.

6. TIE BREAKING RULES - COMPETITION

If a tie occurs in an event, the tie shall be broken according to the FC General Rules and Regulations and the FC 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.

7. REGISTRATION & EVENT ENTRIES

7.1. Canada Games Council Registration Deadline

All participants (athletes, coaches, managers and additional team staff) must be registered in the Canada Games electronic registration system no later than 14 days prior to the Opening Ceremony (February 4, 2023).

7.2. Event Entry Deadline

Event entries for each participant will be confirmed at the Coach/Manager meeting held prior to the first event.

8. SPORT SCORING POINTS

Sport scoring points are a tool used to determine the performance of a P/T Team across all events within a sport. At the conclusion of an event, sport scoring points will be awarded using the following criteria:

8.1. Individual Events

- Athletes will be ranked from first through last place
- Each Province/Territory's two (2) best finishers per gender, per event will count for sport scoring points

- If an athlete does not start (DNS) or is disqualified, the athlete will not receive sport scoring points
- Dual Moguls athletes that did start the first round and did not start (DNS) the following rounds will be ranked as per the FIS ICR section 4312, and will receive sport scoring points
- If an athlete does not finish (DNF) in the qualification round as per FIS ICR Section 4013, the athlete will not receive sport scoring points
- If an athlete does not finish (DNF) in the final, the athlete will be ranked as per the FIS ICR, and receive sport scoring points
- Ties will be broken as per the FIS ICR. If there is still a tie, points will be shared equally between competitors (i.e. If two athletes are tied for first then each competitor would receive 98.5 points $[(100+97)/2]$ and 3rd place points would be awarded to the next finisher)
- Each event will be scored separately
- Sport scoring points will be awarded based on the Individual Event chart below

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

8.2. Team Events

- Teams will be ranked from first through last place
- **Each Province/Territory's highest ranking team will count for sport scoring points**
- If a team does not start (DNS) or is disqualified, the team will not receive sport scoring points
- Mixed Dual Moguls Team athletes that did start the first round and did not start (DNS) the following rounds will be ranked as per the FIS ICR section 4312, and their team will receive sport scoring points
- Mixed Dual Moguls Team athletes that do not finish (DNF) will be ranked as per the FIS ICR section 4312, and receive sport scoring points
- All team event ties will be broken using the FIS ICR sections 4307 & 4800
- Sport scoring points will be awarded based on the Team Event chart below

Placing	Points	Placing	Points	Placing	Points
1st	197	6th	149	11th	129
2nd	185	7th	145	12th	125
3rd	173	8th	141	13th	121
4th	164	9th	137		
5th	156	10th	133		

9. FLAG POINTS

Games to Games performance by a P/T Team at the Canada Games is measured by accumulated Flag Points. Every P/T Team is awarded Flag Points for its ranked performance in each sport in which it competes.

In Freestyle Ski, Flag Points will be awarded **together** for female and male events based on the total of sport scoring points awarded.

After ranking the P/T Teams from first to last, and after any ties have been resolved as detailed in Section 10 (Tie Breaking Rules - Flag Points), Flag Points will be awarded as follows:

Placing	Points	Placing	Points	Placing	Points
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1st	20	6th	10	11th	3
2nd	18	7th	8	12th	2
3rd	16	8th	6	13th	1
4th	14	9th	5		
5th	12	10th	4		

10. TIE BREAKING RULES - FLAG POINTS

1. If a tie occurs in the final Provincial/Territorial team standings, 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 places, 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.

11. MEDALS

The Canada Games will award medals to athletes only.

- Gold: 12 (2 for each individual event - 10 total; 2 for the team event)
- Silver: 12 (2 for each individual event - 10 total; 2 for the team event)
- Bronze: 12 (2 for each individual event - 10 total; 2 for the team event)

12. COMPETITION UNIFORM

Athletes are permitted to wear clothing in accordance with the FC General Rules and Regulations, but such clothing must also meet the Canada Games requirements as stated in the CGC's [P/T Team Uniform and Sponsorship Policy](#).

13. EQUIPMENT

Equipment used by competitors must conform to current FC rules regarding competition equipment.

14. PROTEST & APPEALS

14.1. Canada Games Council Appeal Policy

Appeals relating to the Freestyle Ski Technical Package or any decisions made by the CGC will be made in accordance with the CGC's [Appeal Policy](#).

14.2. Competition Protests

Freestyle Canada refers to the [FIS ICR 3050 regulations](#) around protests. A formal written protest is required; however a deposit is not required.

15. ANTI-DOPING

The CGC adopts the Canadian Anti-Doping Program (CADP) Covenant as a fundamental commitment to engage in a cooperative and collaborative effort to eliminate doping in sport and to support harmonized, coordinated and effective anti-doping measures in Canada. Any Canada Games participant (athlete, coach, manager, technical support, or other person) found to have committed an anti-doping rule violation at the Canada Games (as determined pursuant to the CADP) will be subject to all of the penalties and consequences, as outlined in the [Canadian Anti-Doping Program](#).

16. APPENDICES

Please review the attached appendices as they form an integral part of this technical package.

- APPENDIX 1 - Coach Certification Requirements
- APPENDIX 2 - Performance Guidelines
- APPENDIX 3 - Age Dispensation

APPENDIX 1 - COACH CERTIFICATION REQUIREMENTS

For more information on the Coach Certification Requirements for Freestyle Ski, please visit: <https://freestylecanada.ski/programs/coaching/>.



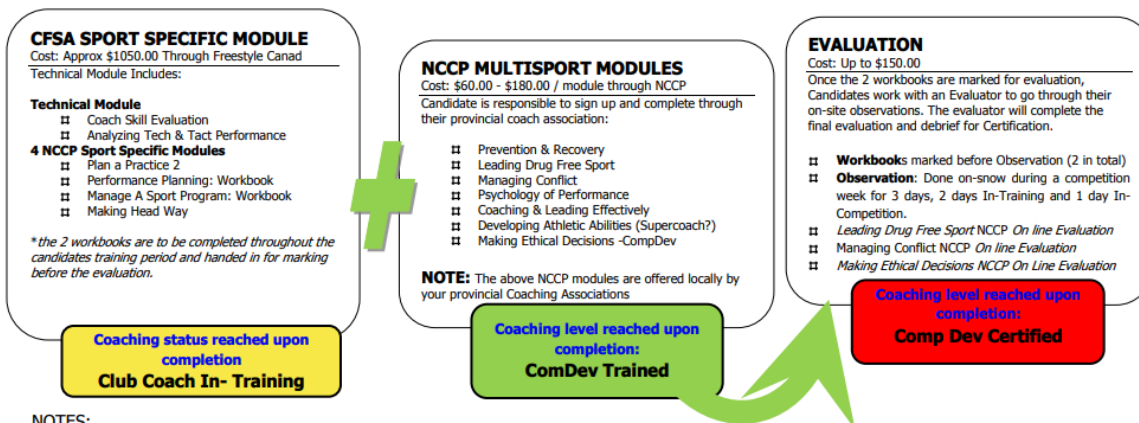
CFSA COMPDEV PROGRAM Competition Development Context



Coaches can enter the Comp Dev Program when they are working with Train to Train and Learn to Compete Teams, Provincial Teams or higher performance Club Teams. The Comp Dev Program teaches is the next step from the Supercoach Program.

Prerequisites

- > Air 4 B Certified
- > Plan a Practice (NCCP Competition Introduction MS Module)
- > Design A Basic Sport Program (NCCP Competition Introduction MS Module)



NOTES:

- ❖ Candidates can take NCCP Multisport Modules prior to the Technical Module
- ❖ The Multisport Module training is the same for all disciplines, attend the technical workshop specific to your discipline

APPENDIX 2 - PERFORMANCE GUIDELINES

The following Performance Guidelines have been established by the respective NSO, at the request of the CGC and the Federal-Provincial/Territorial Sport Committee (FPTSC), to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of LTD. These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.

CANADA GAMES- Performances guidelines
Learn to Compete and Train to Compete Stages

LTAD STAGES		LEARN TO COMPETE	TRAIN TO COMPETE
TRAINING ENVIRONMENT	PROGRAMS	Provincial Team	Provincial Team NextGen Team
	COMMITMENT (day annually)	80+ periodized training program	60% of athlete time is devoting to sport Training programs are evidence-based built, yearly periodized and individualized
COMPETITIONS	VOLUME	6-8 comps / yr	8-10 comps/yr
	LEVEL	Canada Cups (top 8), Canada Games, NorAm (top 20), SR Nationals, JR Worlds	Canada Games, SR Nationals, Nor Am (top 8), JR Worlds (top 15), Domestic World Cup
SKILL DEVELOPMENT		Specialization Learning and improving discipline specific competitive skills and tactics for competition.	Entry to the Podium Pathway Increasing competitive knowledge and mileage for consistent base performance level.
AERIALS	FEMALE	Lay-Tuck, Lay-Lay, Lay-Full - Only singles will be needed for Canada Games	Lay-Full, Full-Full - Only singles will be needed for Canada Games
	MALE	Lay-Full, Full-Full, 2full-Full, Full-2full - Only singles will be needed for Canada Games	2full-Full, Lay-Tuck-Full, Lay-Full-Full, Full-Full-Full - Only singles will be needed for Canada Games
HALFPIPE	FEMALE	Effective line in the pipe, Pumping acceleration Take off and landing high transition. Spins both ways 540, Cork 540 grabs, Flares/underflip	Effective line in the pipe, Pumping acceleration Take off and landing high transition. Max amplitude Spins both ways 540, 360, All four directions of switch spin 180 or greater - Right and left down pipe and alley-oop, 720
	MALE	Effective line in the pipe, Pumping acceleration. Switch skiing, Switch take off and landing Spins both ways cork 1080 , Flat 540 Down the pipe switch spins	Effective line in the pipe, Pumping acceleration. Switch skiing, Switch take off and landing Max amplitude, Switch cork7, Flat 3, Double Flare, Double cork,
MOGULS	FEMALE	Introduction to competition tactics in moguls, Introduce and develop multiple methods of speed control, Ski line in moguls, Speed: 8.2m/sec Take off should be consistent, Landing should be strong and controlled. Back tuck, pike, lay, Back with grabs 6-8 feet of air, 90% landing and exit execution	
	MALE	Tactics in a mogul line, Develop multiple methods of speed control, Speed: 9.7m/sec Back full, cork 7 with grabs, Cork 10, back double full. 6-8 feet of air, 90% landing and exit execution	
SLOPESTYLE / BIG AIR	FEMALE	Jumps: All 540's 3 different grabs, Rodeo 5, Misty 5, Cork 7, Initiation to big jump Rails: All 8 ways on, All ways 2s off, One 450 off, All swaps reg/sw out, Combo swap 2 off (all on urban comp rails)	Jumps: All 7's 3 grabs, Cork 9's, One off axis 5 on shark fin or pipe Rails: 270 on, F/B 450 off, FswapF2's , BswapF2's, sw 270 on
	MALE	Jumps: All 4 ways off-axis single 10, 3 ways doubles, 4 different grabs, Fwd 9's and sw7 in the pipe Rails: All 8's 270 on, 3 different 450 on & off, 360 switch up, , Front 630 out, Back 8 out.	Jumps: 4 ways doubles 9-10-12-14, One 16, Initiation to creative grabs, Double on shark fin or pipe. Rails: Cork 8 out, 630 on & off, Nose butter 450 on, F/B 3 swaps, 4 different 4 on, All 8 2p/2c2.

APPENDIX 3 - AGE DISPENSATION

Freestyle Canada has established a minimum age of 14 and a maximum age of 20 on December 31st, 2022 for participation in the 2023 Canada Winter Games. This age bracket matches accordingly with the Learn to Compete and Train to Compete stages in the Freestyle Canada LTD.

While this minimum age provides a developmentally appropriate age threshold for most participants and chronological age is a simple and valid means to define participation, exceptions are possible. We recognize that individuals have different rates of growth, maturation and physical, social, intellectual and emotional development. Our intent is then to avoid situations where athletes are encouraged to pursue developmentally inappropriate training and competition experiences in terrains that are not adapted for their level. Adding to this, the multi-sport nature of this event, combined with the atmosphere and social reality of an “athlete’s village” and the wide range in age of all the athletes add to the pressure experienced by the athletes. The purpose of the exemption process is to address the exceptional athlete whose growth, development and maturation is in advance of the majority of freestyle skiers.

Any provincial/territorial sport organization wishing to request a minimum age exemption must submit their request in writing to the Manager, Sport Development at Freestyle Canada at least 4 weeks prior to the first provincial/territorial selection event for the 2023 Canada Winter Games. Requests for exemption needs to include the following:

1. A list of the competitions and training attended by the athlete in the previous year that would prepare him/her for this event; and a summary of training history prior to the previous season, including number of years’ experience in freestyle skiing.
2. A letter of support from the named Canada Winter Games coach stating that, in his/her opinion, the athlete has the social and emotional maturity to cope with the stress of participation in the Canada Games.
3. A letter of support from the athlete’s primary coach confirming the athlete’s readiness to participate in the Canada Winter Games. As part of this letter the coach should include his or her level of certification and coach certification number.
4. A list of steps that the provincial/territorial sport organization will take to ensure the athlete is prepared for and does have a positive experience at the Canada Winter Games.

Please send all your documents to:
Freestyle Canada
Sabrina Guérin
sabrina@freestylecanada.ski

Note that a waiver will need to be signed by the parent or the legal guardian.

The Competitions Development Committee will review the request and render a decision within 21 days of having received the application for a minimum age exemption.