



SUPER YOUTH CHALLENGE

Guidelines and Rules

Overview

Following is a guide for the BC Super Youth Challenge Series of Freestyle Skiing events. Freestyle BC in partnership with BC registered clubs offer the Super Youth Challenge to provide a meaningful competitive experience for athletes in the learn to train (L2T) stage of the long term athlete development (LTAD) model. The BC Super Youth Challenge aims to increase participation, develop athletes through a meaningful competitive experience, recruit and develop officials and coaches.

It is the policy of Freestyle BC that all participants should be equitably served in terms of the Association's programs, and that all participants should have an equal opportunity to contribute to all aspects of the affairs of the Association. Freestyle BC is committed to reviewing its current programs and services, and taking initiatives to redress any gender imbalances.

Freestyle BC aims to grow and continually improve support to local clubs and organizing committees. The Freestyle BC Events Committee aims to support freestyle skiing events and further develop the sport in the province of BC. The committee will have the ability to amend rules and regulations outlined in this document on an ongoing basis with the mandate to improve and develop the BC Super Youth Challenge event series.



Format

1. Events are aimed at athletes in the Learn to Train stage of Freestyle Canada's long-term athlete development model.
2. The events are focused on introducing athletes to competition and **most importantly FUN.**
3. Athletes should be in a Freestyle Canada recognized Jumps & Bumps or Freestylerz program.
4. Local organizing committees from local Freestyle BC operate the BC Super Youth Challenge registered clubs.
5. The Freestyle BC Events Committee oversees the Super Youth Challenge series of events and will have the ability to have final decision on any matters related to the Super Youth Challenge series of events.
6. Freestyle BC has adopted superseding rules and regulations for the BC Super Youth Challenge, which is outlined in this document. In all other circumstances the BC Timber Tour guidelines shall first apply.
7. All BC Super Youth Challenge competitions will use the standard Freestyle Canada age categories breakdown. Age is determined as of January 1st of the current competition season:
 - a. U8 (under 8 years old) – Male and Female
 - b. U10 (Ages 8 – 9) – Male and Female
 - c. U12 (Ages 10 – 11) – Male and Female
8. Super Youth Challenge athletes will be recognized and presented with medals at each event.
 - a. No overall ranking or ongoing series totals will be kept for Super Youth events.
 - b. Medals will be issued for athletes reaching the podium in each age category.
9. The format of the event can be modified to provide the best opportunity for athlete development and learning. The focus is a meaningful competitive experience and most importantly FUN.



Inverted Aerials

1. Inverted and/or off axis maneuvers are not permitted in BC Super Youth Challenge events.

Competition Eligibility

1. BC Super Youth Challenge competitions are open to all athletes that demonstrate minimum skills recommended by the athletes certified Freestyle Canada coach.
2. All participants must be members in good standing with Freestyle BC.
3. Participants must have a minimum of a Club Athlete license.

Event Registration and Fees

1. Registration must be done online at freestylebc.ski for all Super Youth Challenge events.
2. Online registration will be available until 72 hours before the start of the event.
 - a. Athletes may be permitted to late register at the event venue if space is available.
 - b. The organizing committee for athletes that are permitted to register late will collect an additional fee of \$35.
3. Entry fee maximum will be \$100;
 - i. The organizing committee can reduce the entry fees at their discretion.



- ii. Freestyle BC will retain 5% of the total entry fees collected during registration to offset credit card processing costs. The balance will be passed on to the local organizing committee.

- 1. \$95 per athlete to the organizing committee.

c. Refunds

- i. The organizing committee has the ability to adopt or modify the standard refund policy;

- 1. Refund due to cancellation

- a. If the competition is cancelled, \$30CDN shall be refunded to each athlete registered for that event.

- 2. Refund due to injury

- a. A registered athlete who withdraws from an event before the generation of the start list will receive a refund of 50% of their entry fee. Athletes that appear on the official start list for an event will not be given a refund. No refunds will be given without a written request received no later than 7 days after the completion of the last event day.

- ii. The 5% transaction cost is fixed and cannot be refunded under any circumstances.



Event Bibs

1. Athletes must wear their assigned bib for all official training and competition.
2. Athletes must wear their assigned bib when being recognized at the awards ceremony.
3. Bibs are the official property of Freestyle BC and cannot be modified or altered.
4. Athletes will be assigned a bib for the duration of the event.
5. Bibs will be issued with a \$20 bib deposit that is refundable upon returning the bib to the competition office.

Judges

1. The Freestyle BC Head Judge will assign a head judge for each Super Youth Challenge event.
 - a. The assigned Head Judge will be responsible for recruiting judges for the Super Youth Challenge event.
2. BC Super Youth events must have a minimum of 4 judges. 3 scoring judges and 1 head judge.
3. Judges must have a current membership with Freestyle BC in order to meet the Freestyle Canada event sanctioning requirements.
 - a. Head judges should hold a major official license.
 - b. Scoring judges must have a minimum Associate level membership.
4. Recruiting and developing judges is a priority for the Super Youth Challenge Series of events.
 - a. The head judge may select the panel to provide the best training environment possible.



Scoring

1. Moguls

- a. Turns are worth 75% of the overall
 - i. 3 judges score out of 10 based on the following criteria;
 1. Body Position
 2. Carving
 3. Absorption and Extension (Pressure Control)
 4. Fall Line
- b. Air is worth 25% of the overall score.
 - i. 1 judge scores out of 10 based on the following criteria;
 1. Amplitude
 2. Landing
 3. Execution
- c. Mogul events may be timed at the Super Youth Challenge. The time will not be computed as part of the score but may be used by the turn judges to evaluate the criteria.

2. Slopestyle, Halfpipe and Big Air

- a. 3 judges score based on overall impression out of 100.
- b. The scores are averaged to determine the athlete's overall score out of 100.
- c. Athletes are scored based on the following criteria;
 - i. Execution
 - ii. Variety
 - iii. Combinations
 - iv. Amplitude



Super Youth Challenge Event Rules

1. Freestyle BC has adopted superseding rules and regulations for the BC Super Youth Challenge, which is outlined in this document. In all other circumstances the BC Timber Tour guidelines shall first apply.
2. Competitors must come to a controlled complete stop in the finish area in each event. Failure to do so will result in a DNF (Did not Finish) result.
3. All competitors must wear a helmet when training or in competition.
 - a. A mouth-guard is highly recommended but not mandatory.

Super Youth Festival “Best Practice”

Purpose

To develop a fresh, innovative approach to the competition format for athletes in the Learn to Train phase of the LTAD. **The Learn to Train phase is characterized by an accelerated development of coordination and fine motor skills as well as an enjoyment in practicing skills they learn and seeing their own improvement.**

The aim of this new format is to provide athletes with “[meaningful competition](#)”. The proposed shift will be from traditional Olympic style competition format to skill-based modules in an effort for athletes to ski more, develop foundational skills, and have FUN.

Example Schedule

Wednesday – Registration
Thursday – Training & “Hunt of GNAR”
Friday – Slopestyle & “Hunt of GNAR”
Saturday – Mogul & “Hunt of GNAR”
Sunday – Halfpipe Clinic & Jam

The LOC will strive to have all event venues on the same part of the mountain so that athletes can session all the competition venues each lap.



Skills Modules

Air: Features will be Small and Medium (5'-10' & 15'-20')

Box & Rails: Features will include 8'-10' flat ride-on style box & 8'-10' flat tube

Wave Tank: 6 – 8 rollers

Moguls: low angled moguls (22 degrees)

Gates or brushes: set up for forward and switch skiing

Mogul Jump/Mini Big Air: mogul style jump

Halfpipe

Freestyle BC "Hunt of GNAR"– ex. Whistler Edition

Every mountain in BC has something unique to offer visitors. Throughout the weekend, groups will explore parts of the mountain while transitioning between skills modules and after their events. Each group will take pictures/videos of the tasks in the Hunt of GNAR. Points will be awarded for tasks completed as either a group or individual for the group.

2 different club groups will be paired together for the weekend to ski together. One group will be a host mountain group and the other will be a visiting club. The event will try to operate on a 6:1 athlete to coach ratio. If visiting clubs need more support (single coach bringing 7 or more athletes please reach out to chris@freestylewhistler.com) the OC will provide a local BC Team athlete with Fundamentalz training as a resource.

Most check boxes win! Build a downloadable PDF form; with the entire scavenger hunt list of items located on the map, as a guide for all the athletes competing for the title of GNAR.

- Ski Dave Murray Downhill Trail
- Picture at the Blackcomb Glacier Sign (Blackcomb)
- Ride Peak Chair (Whistler)
- Ski through Enchanted Forest (Whistler)
- Film group riding switch for 30 seconds
- Film group doing a train of straight air maneuvers on small jumps
- Picture with a Whiskey Jack on your hand or helmet
- Ride the Skier Cross course (Blackcomb)
- Ride Showcase T-Bar (Blackcomb)
- Hit the side hits on Ridge Runner and Twist & Shout (Blackcomb)
- Ski the Saddle Forward (Whistler)
- Film group riding a blue trail switch for 30 seconds
- Film group doing straight air maneuvers or 180s on small jumps
- Film group riding box
- Ski Davies Dervish (Blackcomb)
- Ski the Saddle Switch (Whistler)



- Ski Whistler Bowl (Whistler)
- Film group doing 180s or 360s on small jump
- Film group riding tube rail
- Hit the Freestyle Whistler Airbag (Blackcomb)

Reporting – Judging

Judges panel will consist of local BC Team and veteran Whistler athletes not competing in Timber Tour any longer. The judging panel will consist of 2 different, 3-member judge panels to speed up the day. The LOC has the option to provide 2 additional judges offering constructive criticism for each athlete's runs.

BC Team recommended athletes:

Veteran home athletes:

Course Jams – Olympic Formats

The final 3 days of the weekend will be spent working on Olympic style competition formats in a jam setting.

Groups will have a designated start time for each of their runs allowing groups to ski to other venues and to visit the host mountain when they are not competing.

U8 & U10's train and compete first followed by U12 & U14 train and compete.

Based on U8/10 size, the LOC may have them all as one group for the entire weekend. After competition is finished at 10:30 am have local coaches lead group through the scavenger hunt. Invite any parents with unsure kids to be able to come with and do a party shred.

U12/14. Groups will be made so that home coaches are with groups who know the mountains the least. LOC could pair 3 groups together for "party shreds" so that there is a home coach with each group. Groups might move slower through the big mountain areas but the energy would be high.



Draft Schedule:

9am – 10am U8 & U10 Group training
10am – 10:20am Run #1
10:15 – 10:30 Run #2
10:30 – 11:30 U12 & U14 training
11:30 – 11:45 Group 1 Run #1
11:45 – 12 Group 2 Run #1
12:00 – 12:10 Group 3,4,5,6 Hot Lap
12:10 – 12:25 Group 1 Run #2
12:25 – 12:40 Group 2 Run #2
12:40 – 12:50 Group 5,6 Hot Lap
12:50 – 1:05 Group 3 Run #1
1:05 – 1:20 Group 4 Run #1
1:20 – 1:35 Group 3 Run #2
1:35 – 1:50 Group 4 Run #2
1:50 – 2:05 Group 5 Run #1
2:05 – 2:20 Group 6 Run #1
2:20 – 2:35 Group 5 Run #2
2:35 – 2:50 Group 6 Run #2

** Final schedule will be based on registration and how large each age group is.

Groups & Coaching

Event will aim to provide a 6:1 athlete to coach ratio. Groups will change daily for the 3 days with the 1st day skiing with their own club. This is to create a greater sense of community within Freestyle BC. Group ability could be done based on age, coach's discretion and skier ability.

If clubs can't provide a 6:1 athlete to coach ratio, we may have BC Team athletes with Fundamentalz certification that are able to work as assistant coaches for the weekend.

Athletes (mentors) in mind: