



**Freestyle Canada  
Competition Pathway Handbook**

**October 2025**

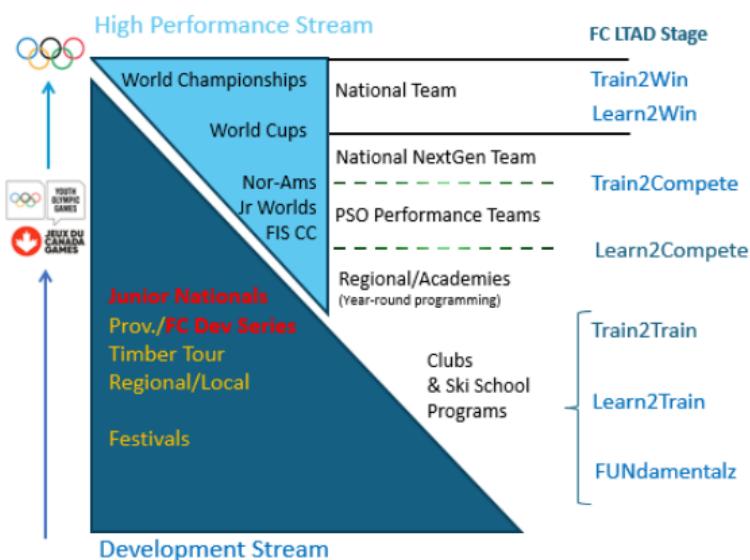
# FREESTYLE CANADA COMPETITION SYSTEM MANDATE

Athletes are targeted for competitive experience based on their current stage along the Long-term Athlete Development Model (LTAD). As a collaborative community (ie NSO, P/TSOs, and clubs), a quality layered competition system ensures skill appropriate terrain for the athlete's current development needs.

**Key objectives for freestyle skiing's competition system, nationwide:**

- To support the local club/region and ski resort by developing quality venues; these high-quality training and competition venues service the needs of all stakeholders. Different level events enable ski resorts and organizers to collaborate with the intent of leaving a training / competition venue legacy for the local club and athletes.
- To provide results for the National and Provincial Athlete Ranking systems.
- To provide appropriate terrain and training/competing opportunities for athletes
- To identify, track and monitor athlete development as athletes progress towards the high-performance stream. There are opportunities in this system to assess the skill level of athletes and make comparisons between those attending the event.
- To provide valuable learning experience in a reliable competition stream for our officials, judges and coaches using a defined pathway.

## Competition Pathway



## FC ATHLETE DEVELOPMENT SYSTEM

Philosophy	FC Program	Stages	Podium Pathway	Competition System Event type priority
WIN Peak for Major events & well balanced athlete	High Performance	T2W	Podium	FIS World Cups, World Championships / OWG
			World Class	
	Performance	L2W	NextGen	Cdn World Cups, Nor-Ams, Sr Nationals, Jr Wch
				FIS CAN Cups, Nor-Ams, Sr Nationals, Jr Wch
PERFORM Skill Consolidation & Learn to perform on demand	Performance	T2C	Prospect	FIS CAN Cups / Nor-Ams / Sr Nationals
		L2C	Aspirational	Canadian Dev Series / Domestic FIS events / Sr Nationals
	TEAM (CANFree)	Late T2T		Provincials / Canadian Dev Series / Jr Nationals
		Early T2T		Timber Tours / Prov / Regionals
DEVELOP Skills acquisition focus & Intro to Competitions	Freestylez	L2T		Club and Regional Events
PLAY "Jumps, Bumps and Rails"	Fundamentalz	FUN		Festivals / Skills medley

## PURPOSE OF THIS DOCUMENT

- Align domestic competition system with FC Programs & LTAD stages (Audience: Club Coaches & Parents).
- Provide guidelines for every level of events delivered by Freestyle Canada, P/TSOs, LOCs and clubs.
- Coaches resource to help set Yearly Training Plans (YTP)
- Set a National standard for each layer of events.
- Define formats and scoring guidelines for every level of events delivered.
- Appendices reviewed annually:
  - Canada Cup Guidelines (include LOC-Officials operational guidelines)
  - Nor-Am Spot allocation policy
  - Terrain Guidelines
  - Links to FIS documentation

Key reasons for implementing domestic Competition guidelines:

- Sets training behaviour in preparation for higher level events
- Conduit to higher level events
- Includes Officials Pathway

## Training and competition guidelines by LTAD Stage

Freestyle Canada's athletes' programs are guided by the skill matrices in conjunction with technical, physical psychological and life skill components outlined. Recommended training and competition volume and programs are indicated for each stage in the skills matrices.

### Early Stages (Active Start to Learn-to-Train) - Multi-discipline approach

As they learn the basics of the sport, athletes are encouraged to ski different terrain and features. Many freestyle skiing skills are transferable from one discipline to another; therefore, competing in all disciplines is recommended through the Learn-to-Train stage.

LTAD STAGES	RELATIVE AGES	OVERVIEW	TRAINING ENVIRONMENT		COMPETITIONS/ASSESSMENTS		EXPECTED COACH LEVEL
			PROGRAMS	COMMITMENT (annually)	VOLUME	LEVEL	
ACTIVE START	Infant Female 0-6 / Male 0-6		Ski with parents as much as possible. Entry level for all different sports.	<u>Ski:</u> 15+ days / year <u>Gymnastics/Trampoline:</u> 30-45 min./week	N/A	N/A	Local Ski School
FUNDAMENTALS	Childhood Female 6-8 / Male 6-9	Defined only by the age of participants.	Fundamentalz program or racing program. U8-U10	<u>Ski:</u> App. 30 days/ year <u>Trampoline:</u> 50 h/year Introduction to the water ramps.	1 event/yr	Fundamentalz Festivals	Fundamentalz Optional: CSIA/Alpine Canada certifications
LEARN TO TRAIN	Late Childhood Female 8-11 / Male 9-12	Early or late entry into puberty/adolescence has the greatest impact on the duration of the Learn to Train Stage. Since Learn to Train is when the pre-adolescent body is primed for skill learning, the longer duration of this stage in late developers (male or female) provides a longer period of optimum skill development which might provide a long-term advantage.  Participating in multiple Freestyle disciplines is highly recommended.	Continue Fundamentalz program  OR Freestylez Program LEVEL 1 (U12)	<u>Ski:</u> App. 40 days/year <u>Trampoline:</u> 100 h/year <u>Water ramps/Air bag:</u> App. 300 jumps *The above should be adapted if athletes practice another complimentary sport in a structured environment (ex: Gymnastics, Trampoline)  Practice other sports (structured and unstructured)	Freestylez Evaluation 1-2 /yr  AND  Regional competitions 1 - 3 /yr	Freestylez Evaluations  AND  Club/Regional competitions  AND/OR  Festivals	Air 1 to 4 Skiing Skills Comp-Intro MO  Recommended: Comp-Intro Park & Pipe

**\*For more details around the Long Term Athlete Development stages for Freestyle skiing, please refer to Skill Matrix on FC app (must be a member)**

## **SECTION 1 FUNDAMENTALS**

### **Philosophy: Play - “Jumps, Bumps and Rails”**

#### **LTAD overview**

##### **Programs :**

- Fundamentals Programs  
(U8 Ski with family, part of a ski school or racing program, or 20-day FUNdz program. By U10, full integration into a Winter season weekend club program)

##### **Commitment :**

- Ski : 20-30 days/year (In-season (Dec. - April))
- Trampoline : introduction to a structured and supervised environment (5-20 sessions)
- Water Ramp/Air bag : introduction to water ramps by U10, 5-10 sessions
- Encourage athletes to be active year round and practice other sports
- Events : 1-2 festivals and/or local events

##### **Skill development :**

- Athlete should be able to ski in control in all types of terrain and difficulty
- Explore acrobatic and skiing skills of all types of terrain

#### **Targeted events : Festivals**

##### **Purpose :**

- Introduce athletes to an «event», in a fun/inclusive environment and by using a skills development terrain. Remove the competitive aspect of the event and promote improvement.
- Introduce “gate” experience & variety of terrain for skill development

##### **General Guidelines :**

- Mini course with features promoting skill development and 100% success rate
- If the terrain is built and chosen properly, athletes should learn by doing, use skill stations
- Terrain showcasing multiple disciplines

- Encourage training volume (limit wait time)
- No judging, basic skill assessment for athlete feedback (coach driven with FUNz report cards)

### **Encouraged format**

- Assessments should be done by coaches based on the entire day. Key is to explain to the athlete/parent afterwards
- 1-day event (incl. training). Minimum - 2 "official" runs through course or station
- Make sure more than 50% of the day is focused on training through the mini-course or stations
- Fun vibes – music with announcer with focus on effort and acknowledge what they do well. Prizing : Not for all, but most and based on fun aspects: new trick, most fun, best improvement, "Heart & Hustle"

## **SECTION 2 - LEARN to TRAIN**

### **Philosophy: Development - “Skill acquisition focus & Introduction to competing”**

#### **LTAD overview**

##### **Programs :**

- Canfree Programs

##### **Commitment :**

- Ski : 30-50 days/year (In-season (Dec.-April))
- Trampoline : structured and supervised environment (During the off season, around 10 sessions)
- Water Ramp : 100-300 jumps/year
- Encourage practice of other sports
- Events : 1-3/year

##### **Competition plan :**

- 1 or 3 regional event

\*Competition plan is the athlete's coach responsibility to build with the athlete and parents, based on his/her development needs and consider personal realities (ex: budget)

##### **Skill development :**

- Fundamental skiing and acrobatic skills have to be consolidated by the end of this stage
- Focus on body awareness in skiing and jumping
- Focus on acrobatic learning

#### **Targeted events : Club / Regional / Provincial**

##### **Purpose :**

- Introduce athletes to a judged event, with adapted course, rules and format to level of athletes.
- Maximize training time for athletes, as some have limited access to full courses during the year

**General guidelines for events :**

- Have a full separate day of training before event, training can be splitted by categories or genders or groups to ensure a better quality
- 1 competition day is sufficient, do not exceed 2
- Events should be judged, but parameters should be adapted for this level. Example : no points for speed, give a bigger value to variety...
- Events isolating skill such as Rail Event, Big Air, Aerials, only Mogul run are encouraged
- Course features and specs should be adapted to level of athletes
- Make sure athletes have enough training time to feel ready and confident
- Prizing – medals by age categories, with emphasis on rewarding specific skills or individual accomplishments, ex : coaches vote on best turns, best jump, biggest improvement, best perseverance...

**Encouraged format :**

- Best of 2 runs/jumps format
- By age categories
- Dual Mogul : introduce in training only

## **SECTION 3 - TRAIN to TRAIN**

### **Philosophy: Development - “Skill acquisition focus & Introduction to competing”**

#### **LTAD overview**

##### **Programs :**

- Canfree Programs
- Competitive Club
- Regional Team and/or Provincial Development Team programs

##### **Commitment :**

- Ski : 40-60 days/year (In-season (Nov.-April))
- Trampoline : structured and supervised environment (During the off season 1-2 hours per week)
- Water Ramp / Bag: 300-500 jumps/year
- Introduction to physical preparation, encourage practice of other sports
- Events : 3-6/year

##### **Competition plan :**

- 1 or 2 provincial event + provincial championship
- 1 to 2 Canada Cup - Development series
- Canadian Junior Nationals
- 1 Canada Cup - FIS series (in his/her region if judged appropriate)

\*Competition plan is the athlete's coach responsibility to build with the athlete and parents, based on his/her development needs and consider personal realities (ex: budget)

##### **Skill development :**

- Developing the discipline specific skiing and acrobatic skills refinements
- Heavy focus on basics and skiing correctly. Increased top to bottom runs while skiing through mistakes.

## **Targeted circuit : Canada Cup - Development Series**

### **Why this new layer? :**

- Give more meaningful training/competition opportunities for this layer of athletes
- Help revive moguls on a National scale with a National circuit that regroups all provinces
- Help define purpose of each events and have a clearer pathway for athletes
- Have appropriate terrain for targeted athletes
- Have more local opportunities for athletes/officials/coaches and reduce the cost barrier
- Adapt to the new environment and reality
- Have more National events so we can have a bigger impact on local clubs and Organizing Committees

### **Purpose :**

- For some it is an introduction at a National level event, traveling outside the province, competing and getting exposure on a National level. Junior Nationals introduce athletes to peak at a pinnacle event within age categories.

\*Targeted circuit can also be Provincial circuit or Timber Tour

### **Who should participate at the Canada Cup - Development series?**

Category 1 : Athletes finishing in top half of their provincial circuit ready to compare themselves on a national level with a deeper field and more challenging course

- Competitive athletes who train year round (academy, sport-étude, regional team, P/TSO dev team, etc.)

Category 2 : Athletes needing more competing and training opportunities of this level

- Club athletes or full year program club athletes
- Athletes returning from injury

### **General guidelines for events :**

- 1 to 2 training days before competition
- 1 to 2 competition days
- Event judged, following most of FIS parameters, example of proposed modification : athletes can compete without poles in P&P events, athletes can't compete same jump twice by adding a grab in one in MO, best of 2 format...

- Make sure athletes have enough training time to feel ready and confident
- Prizing – medals by age categories, overall results provided, try to reward specific skills or accomplishments, ex : coaches vote on best turns, best jump, biggest improvement, best perseverance...
- Max field of 90 athletes, max 70 in one gender
- Results by age categories

**Encouraged format for MO/DM :**

- Singles : best of 2 runs format, by age categories
- Duals : directly into brackets by age categories, have an overall face-off with best of each groups
- 5-7 judges and 1 Head Judge

**Encouraged format for AE :**

- Best 2 different of 3 jumps, can repeat 1
- No upright maneuvers (twister, spreads...), loops, grabs and off-axis jumps
- 5 judges and 1 Head Judge

**Encouraged format for SS/BA/RE/HP :**

- Best of 2 runs/jumps format
- 3-5 judges and 1 Head Judge

## **SECTION 4 - STAGE LEARN to COMPETE**

**Philosophy: Perform - “Skill consolidation & learn to perform on-demand”**

### **LTAD overview**

#### **Programs :**

- Regional/Academies Team
- Provincial Team

#### **Commitment :**

- Annual periodized individual training plan, incorporating all aspects (Technical, Tactical, Mental and physical)
- Ski : 70+ days/year (prioritize domestic options)
- Trampoline : 100h+/year
- Water Ramp / Bag : 500-800 jumps/year (approximately 30 days)
- Events : 5-8/year

#### **Competition plan :**

- Provincial championship
- 1 Canada Cup - Development series
- Canadian Junior Nationals
- 2 to 4 Canada Cup - FIS series
- 1 to 2 Domestic NorAm events

\*Competition plan is the athlete's coach responsibility to build with the athlete and parents, based on his/her development needs and consider personal realities (ex: budget)

#### **Skill development :**

- Learning and improving discipline specific competitive skills and tactics for competition

### **Targeted circuit : Canada Cup - FIS series**

#### **Purpose :**

- Introduction to multiphase events and to overall categories. Learn to compete in a series of events.

- Preparing athletes that are moving towards the high performance stream for NorAm level competitions, having a format similar or identical as NorAms.
- Having spots for international athletes to have a deeper field

### **Who should participate at the Canada Cup - FIS series?**

Category 1 : Athletes ready to perform for the full tour

- P/TSO team athletes aiming for a spot on National Team and prepare for NorAm circuit.
- Athletes part of a year round program who perform consistently in top third of DEV series or their provincial tour. Ready to compete in FIS format consistently.

Category 2 : Athletes looking for experience (1 or 2 events only)

- Year round program athletes placing in the top half of DEV series or their provincial tour. Ready to take a step up in the system towards more challenging courses and more skilled field. Ready for a FIS format, no age categories and elimination phases.

### **General guidelines for events :**

- FIS guidelines and format

## **SECTION 5 - STAGE TRAIN to COMPETE**

**Philosophy: Perform - “Skill consolidation & train to perform on-demand”**

### **LTAD overview**

#### **Programs :**

- Provincial Team
- Next Gen team

#### **Commitment :**

- Annual periodized individual training plan, incorporating all aspects (Technical, Tactical, Mental and physical)
- 60% of athlete time is devoted to sport training programs
- Ski : 80+ days/year
- Trampoline : 100h+/year
- Water Ramp / Bag : 750+ jumps/year (around 40 days)
- Events : 6-10/year

#### **Competition plan :**

- Provincial championship
- Canada Cup - FIS series
- NorAm Tour
- North American World Cups (for Next Gen team)

\*Competition plan is the athlete's coach responsibility to build with the athlete and parents, based on his/her development needs and consider personal realities (ex: budget)

#### **Skill development :**

- Increasing competitive knowledge and mileage for consistent base performance level

#### **Targeted circuit : NorAm**

#### **Purpose :**

- For provincial team athletes targeting Next Gen team
- For Next Gen team, learn to have consistent top performances on a series of events to

- prepare for World Cups
- Preparing athletes that are moving towards the high performance stream

### **Who should participate at NorAms?**

Category 1 : Athletes doing full tour

- P/TSO team athletes aiming for a spot on National Team, wanting to perform on the whole circuit. (Train to compete)

Category 2 : Athletes doing domestic events only

- P/TSO team athletes, already competing at all Canada Cup - FIS events who are ready to gain experience on NorAm circuit. (Learn to compete)

### **General guidelines for events :**

- FIS guidelines and format

## **Annexe :**

### **Terrain guidelines Fundamentalz**

- Example of stations :

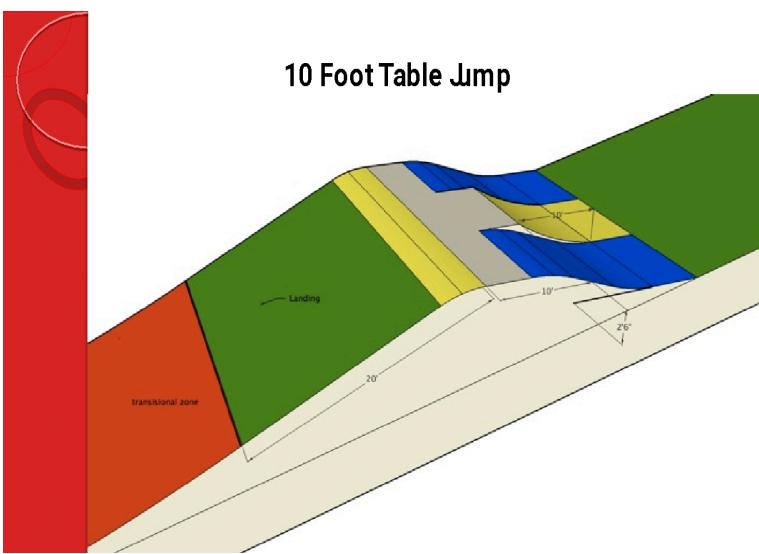
#### **Fundamentalz roller tank**

- The rollers will be used for the absorption skill and the turn timing skill
- Set rollers every 6-7 m or closer if flatter terrain
- Every roller should be about 60- 100 cm
- Build with a cat on a beginners terrain and make sure rollers are rounded rather than triangular
- Finish the shaping with a shovel and some side slipping

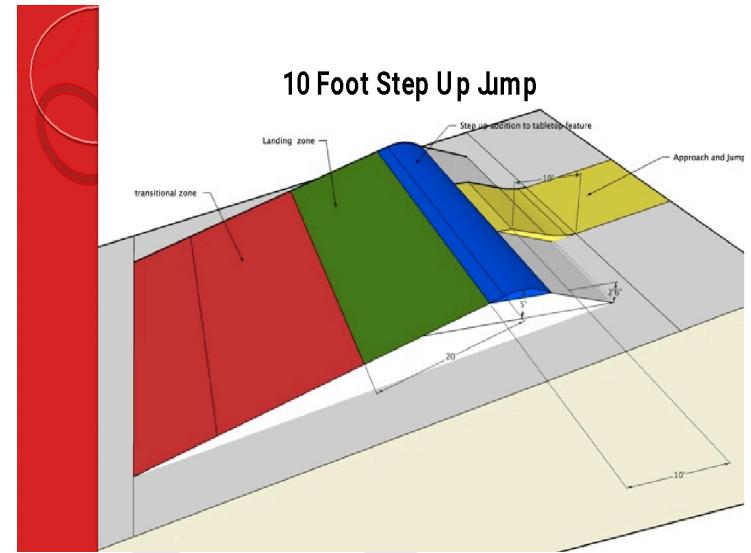


#### **Fundamentalz Jumps : 2 10ft jump options**

- Fundamentalz upright and spinning air skills can be taught on a variety of jump shapes, including natural features.
- Coach should see landings are clear and safely signal athletes
- The landing should not be 'jarring' – avoid flat/icy/rutted landings
- The area between take-off lip and landing is ideally gently rounded
- Choose the right terrain to build success and match the skill level of the athlete
- If athletes are not successful - rethink your terrain choice!
- Should not have moguls right after the jump



10 Foot Table Jump



10 Foot Step Up Jump

### Fundamentalz Moguls

- Entry level: Course length max 100m, there is no minimum, with a pitch between 12 to 20 degrees.
- Natural or man made round moguls are ideal. 1 mogul line is enough for the course.
- If pushed by Cat, care should be taken to make sure moguls are rounded and smooth and there open exit space or safety fencing 10 m width on each side – any obstacles like snowmaking/trees need to be appropriately padded.
- Standard mogul build or less for flatter terrain mogul spacing should be 3.5m - 3.8 m (7m - 7.6m one side push)
- Mogul height : 30cm - 40cm
- Course should be kept slipped to prevent ice and jagged formations or ruts from forming over time.
- Courses usually need to be rebuilt every 3-4 weeks. A cat can complete in 30 -40 mins with practice. Slipping/shovel work should happen immediately after snow is pushed and before it sets.
- No bumps directly after jumps

### Fundamentals Box

- Flat box flush with snow are great for introducing skills.
- Considerations:
  - Check that the sliding surfaces and any exposed trim are smooth
  - Entry should slide up to feature with no gap
  - All supports under the sliding surface should be “skirted”
  - Side and end exits should be smooth snow and not icy or rutted or ‘catchy’
  - Make sure you can position yourself for athletes who need spotting

### **Terrain Guidelines L2T moguls :**

- Course length : 165-200m
- Pitch : 20 - 25 degrees
- Width : 18 - 22m
- Mogul spacing : 3 - 4m (better to have tighter spacing for speed control if the pitch is steeper)
- Number of lines : many factors to consider, level of athletes, number of athletes, level of event, is there duals... 3 lines is usually a good option at this stage
- Landings : 26 degrees
  - Landing length : 10-15m (consider level of athletes)
- Finish area : 30-40m / 0-5 degrees
- Jump height : 50 - 70cm
- Jump takeoff angle : 26 -35 degrees
- Jump width : 130 - 150 cm
- Maximum distance last bump to jump takeoff : 4m
- Start to 1st air distance and 2nd air to finish line distance : around 5% of the course length
- Control gate to fence : 2m min7

### **Terrain Guidelines MO T2T :**

- Course length : 180-220m
- Pitch : 22 - 25 degrees
- Width : 18 - 22m
- Mogul spacing : 3.5 - 4.5m (better to have tighter spacing for speed control if the pitch is steeper)
- Number of lines : 3 lines minimum. If there is duals, we suggest 4 lines with jumps and a fifth line without jumps in the middle (for proper traffic and safety)
- Landings : 26 degrees
  - Top air takeoff to end of landing distance : 15 - 18m
  - Bottom air takeoff to end of landing distance : 15 - 20m
- Finish area : 30-40m / 0-5 degrees
- Jump height : 50 - 70cm
- Jump takeoff angle : 26 -35 degrees
- Jump width : 130 - 150 cm
- Maximum distance last bump to jump takeoff : 4m
- Start to 1st air distance and 2nd air to finish line distance : around 5% of the course length
- Control gate to fence : 2m min7

### **Terrain Guidelines MO L2C :**

- Course length : 200-250m
- Pitch : 24-28 degrees
- Width : 18-22m
- Mogul spacing : 3.5 - 4.5m (can have a varied rhythm)
- Number of lines : 3 lines minimum. If there is duals, we suggest 4 lines with jumps and a fifth line without jumps in the middle (for proper traffic and safety)
- Landings : Greater than 26 degrees
  - Top air takeoff to end of landing distance : 15 - 18m
  - Bottom air takeoff to end of landing distance : 15 - 20m
- Finish area : 30-40m / 0-5 degrees
- Jump height : 50 - 70cm
- Jump takeoff angle : 26 -35 degrees
- Jump width : 130 - 150 cm
- Maximum distance last bump to jump takeoff : 4-5m
- Start to 1st air distance and 2nd air to finish line distance : around 5% of the course length
- Control gate to fence : 2m min

### **Terrain Guidelines T2C MO:**

- Course length : 200-250m
- Pitch : 24-28 degrees
- Width : 18-22m
- Mogul spacing : 3.5 - 4.5m (can have a varied rhythm)
- Number of lines : 3 lines minimum. If there is duals, we suggest 4 lines with jumps and a fifth line without jumps in the middle (for proper traffic and safety)
- Landings : Greater than 26 degrees
  - Top air takeoff to end of landing distance : 15 - 18m
  - Bottom air takeoff to end of landing distance : 15 - 20m
- Finish area : 30-40m / 0-5 degrees
- Jump height : 50 - 70cm
- Jump takeoff angle : 26 -35 degrees
- Jump width : 130 - 150 cm
- Maximum distance last bump to jump takeoff : 4-5m
- Start to 1st air distance and 2nd air to finish line distance : around 5% of the course length
- Control gate to fence : 2m min

### Terrain Guidelines :

Missing L2T, L2C, T2C : SS

#### Slopestyle course T2T

- Min of 3 judged hits (recommend 4)
- Min of 1 jump (recommend 2 to promote different directions)
- Vertical drop : min 50m
- Gradient average : 10 degrees or steeper
- Type of features : min 2
- Start area : length and degree according to speed needed for 1st feature
- Finish area : length of 25m min
- The course should allow competitors to spin in multiple directions and not favour a particular stance while providing the competitors the opportunity to display their freestyle skills and talents. The distance between the features should allow a smooth transition and performance. The features and the overall course should be designed in such a manner as to allow usage by both men and women. The ideal Slopestyle course should be technically challenging, with a wide variety and balance of features in diverse combinations. Creative solutions and features are always allowed as long as tested and considered functional and safe prior to the first training day.

Manque range et général : landing degré, longueur pour double ou triple, degré idéal pour ca...

HP :

FIS and up 18' - 22' : 200m voir FIS rules

15' ok pour plus bas : min 3 hits

AE : mettre trucs nico pour L2C et T2T