



**FREESTYLE
SKI
ACROBATIQUE**

CANADIAN FREESTYLE SKI ASSOCIATION

Aerial Regulations & Qualifications Manual
(ARQ Manual)

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1.0 INTRODUCTION

1. This document outlines, standardizes and regulates all activities surrounding the training of Air in Freestyle skiing in Canada. Its purpose is to encourage safety and reduce potential elements of risk that affect the training in any of the Air disciplines of Freestyle skiing.
2. The policies and procedures set out in this document are intended to ensure a safe and consistent format for the training and performance of Air manoeuvres. It must be recognized, however, that the physical environment for Freestyle skiing is subject to many external influences (weather, light, snow conditions and so forth). Because of this, the judgement of the coach and/or qualifier is the paramount consideration, at all times, in determining the appropriateness of facilities, conditions, and the specific training and/or competitive activities being conducted.

2.0 DEFINITIONS

1. Club Coach, In-Training

A Club Coach, In-Training is an individual who has successfully complete the CFSA Club Coach Workshop.

2. Club Coach, Trained

A Club Coach, Trained, is an individual who has successfully completed:

- The requirements for Club Coach, In-Training;
- Successful completion of NCCP Multi-sport Module "Making Ethical Decisions" including a pass on the on-line evaluation.

3. Club Coach, Certified

A Club Coach, Certified is an individual who has successfully completed:

- The requirements for Club Coach, Trained
- The CFSA Club Coach Workshop or equivalency evaluation; and
- Trained and Evaluated for the NCCP MSM Making Ethical Decisions; and
- Competition of the Club Coach Workbook with a successful evaluation; and
- An observed training session with a successful evaluation.

4. L2 Air Coach, In-Training (Water)

A L2 Air Coach, In Training (Water) is a coach who has completed:

- CFSA NCCP Level 2 Air "Water" technical workshop; or it's equivalent
- CFSA Advanced Club Coach Acrobatic Module 3.

4. L2 Air Coach, In-Training (Snow)

A L2 Air Coach, In Training (Snow) is a coach who has completed:

- CFSA NCCP Level 2 Air "Snow" technical workshop; or it's equivalent
- CFSA Advanced Club Coach Acrobatic Module 4.

5. L2 Air Coach, In-Training (Full)

A L2 Air Coach, In Training (Full) is a coach who has completed:

- CFSA NCCP Level 2 Air "Water" and "Snow" technical workshops; or it's equivalent
- CFSA Advanced Club Coach Acrobatic Modules 3 & 4.

6. L2 Air Coach, Trained

A L2 Air Coach, Trained, is a coach who has completed:

- The requirements for L2 Air Coach, In-Training (Full); and
- NCCP Level 2 Theory; or
- NCCP Competition-Introduction Part B multi-sport modules, (Design a Basic Sport Program, Basic Mental Skills, Teaching and Learning)

7. L2 Air Coach, Certified

A L2 Air Coach, Certified is a coach who has completed:

- The requirements for L2 Air Coach, Trained; and
- Completed the NCCP L2 Air Coach Practical requirements:
- Completed the workbooks and mentoring tools as requested by their Learning Facilitator (LF);
- OR
- An observed training session with a successful evaluation.

8. Air Qualifier

An Air Qualifier is a L2 Air Coach, Certified who is designated by the CFSA as a person capable of safely qualifying athletes to perform inverted air manoeuvres on water ramps and snow. A L2 Air Coach, Certified is not automatically an Air Qualifier.

9. Master Qualifier

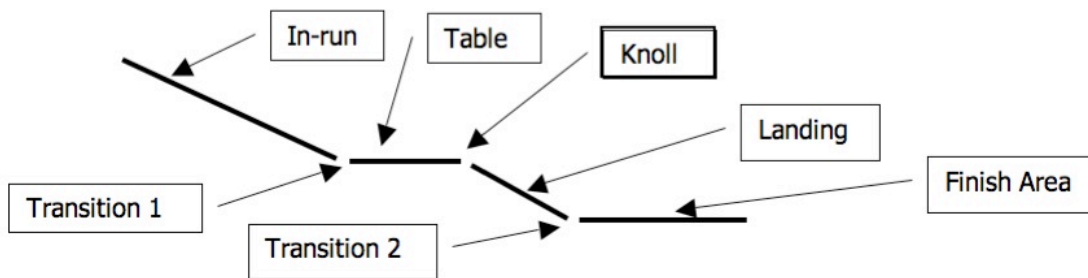
An Master Qualifier is an Air Qualifier who is appointed by the CFSA Master Qualifying Group and evaluate Candidate Qualifiers.

3.0 AIR SITE SPECIFICATIONS

3.1 F.I.S AIR SITE SPECS.

Any reference to F.I.S. Air Site and Mogul (air) Site Specifications are to be done by referring to the F.I.S. ftp site.

<ftp://ftp.fissski.ch/Freestyle/Rules%20and%20Courses/Courses/>



Half Pipe Specifications

	Single (minimum)	Double (minimum)
In-run length	TBD	TBD
Wall Height	16 ft.	18 ft.

3.2 CFSA SNOW AIR SITE NORMS

Site Characteristics (Profile View)

Snow Site Specifications

SECTION	BIG AIR (Small)	BIG AIR (Big)	SINGLE AERIAL	DOUBLE AERIAL	TRIPLE AERIAL
INRUN:					
Length (meters)	30 min.	40 min.	30 min.	40 min.	60 min.
Width (meters)	5 per jump	5 per jump	15 min.	20 min.	20 min.
Slope (degrees)	20 – 25	20 – 25	18 - 25	20 – 25	20 – 25
TABLE:					
Length (meters)	15	20	15	20	20
Width (meters)	5 per jump	5 per jump	15 min.	20 min.	20 min.
Slope (degrees)	0	0	0	0	0
TAKE-OFF (meters)					
Height from Table	1	2	2	3.5	4
Distance from Knoll	6	12	4		
Angle (degrees)	40-45	40-45	50	65	70
LANDING **::					
Length (meters)	15 - 30 **	20 min.	15 min.	20 min.	20 min.
Width (meters)	15 min.	15 min.	15 min.	20 min.	20 min.
Slope (degrees)	30 – 39	30 – 39	37 +/-2	37 +/-2	37 +/-2
FINISH AREA:					
Length (meters)	30	30	30	30	30
Width (meters)	25	25	25	25	25
Slope (degrees)	0	0	0	0	0

** Multiple spin / position Big Air tricks require landing hills longer than 15 meters. The following are the required minimum lengths for various tricks:

Single and double spin / position	15 meters
Triple	20 meters
3+	25 meters

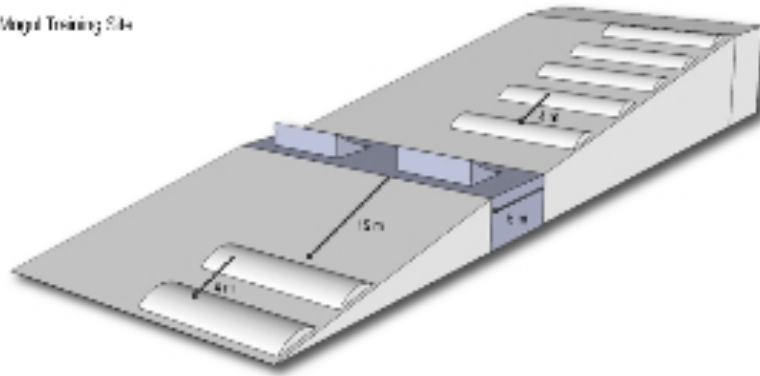
WATER RAMP NORMS

The following norms refer to jump dimensions (as opposed to structural dimensions)

SECTION	BIG AIR (single)	BIG AIR (double)	SINGLE AERIAL	DOUBLE AERIAL	TRIPLE AERIAL
INRUN:					
Length (meters)	30 min	30 min	30 min	40 min	60 min
Width (meters)	3 per jump	3	3 min	3 min	3 min
Slope (degrees)	30	30	30	30	30
TABLE:					
Length (meters)	15	15	15	20	20
Width (meters)	5 min	5 min	5 min	5 min	5 min
Slope (degrees)	0	0	0	0	0
Height (above water)	1	2	1	2	3
TAKE-OFF:					
Height (above water)	1.0	1.7	3	5	7
POOL or POND:					
Length (meters)	30 min	30 min	15 min	35 min	30 min
Width (meters)	15 min	15 min	25 min	30 min	30 min
Depth (meters)	3	3	3	4	4



Mogul Training Site



3.3 CFSA MOGUL AIR TRAINING SITE

The purpose of this training site is to provide the athletes with a safe training environment to transition jumps from the water ramp to snow and from snow to the mogul course. This site should resemble the measurements of a competitive mogul course with some level of flexibility.

The number of rollers can vary depending on the space available with a minimum of 2 and a maximum of 5 both on the in run and following the landing. Roller height is flexible depending on the pitch of the hill and athlete ability.

The jump can be made slightly larger to more closely resemble the jump used on the water ramp. As the athletes become more comfortable the jump should be shaped to within specifications.

If space is limited it is possible to eliminate the gap between the two jumps. When doing this be sure to leave enough space so athletes are able to land safely on the side with no rollers.

A further step in the progression for more advanced athletes would be to substitute moguls in the place of the rollers.

This site needs to be maintained and the activities monitored as per the guidelines set forth in the following pages

4.0 SANCTION PROCEDURES

4.1 SANCTIONING

1. A sanction is a formal proof of registration of an activity with the CFSA, and formal notification of approval to conduct the activity. All training and competitive activities on snow, water ramp, dryland and on the trampoline must be sanctioned by the CFSA. Sanctioning requires all CFSA sanctioning policies & procedures, including the proper air training procedures as outlined in this manual, be followed.
2. The Coach, Air Qualifier, Provincial Sport Organization, Club, and proprietor of the site are required to ensure that all training regulations and procedures are enforced.
3. All CFSA sanctioned activities must take place on schedule as registered with the CFSA national office. To sanction an activity, please contact your Division/Provincial office and complete the form for sanction requests located on CFSA website.

4.2 SANCTION REQUESTS

1. Activities within Canada
Sanction request forms for on-snow, dryland, and water ramp training activities must be submitted to CFSA at least 2 weeks prior to the activity. Current form is available on the CFSA website.
2. Activities outside of Canada
For on-snow training and Water Ramp activities outside of Canada, an International sanction request must be completed and submitted to CFSA at least 3 weeks prior to the activity. Current form is available on the CFSA website.

4.3 SANCTION REQUIREMENTS

1. Any Air training on snow and water ramp must be sanctioned by the CFSA.
2. All participants in any CFSA sanctioned activities must be members in good standing of the Canadian Freestyle Ski Association.
3. A Coach must supervise the participants at all times on all facilities and equipment. Please refer to sections 5.1.1 and 5.2.1 of this document for more information.
4. A notice must be posted at every Air site and water ramp stating: "Unauthorized use of this facility is strictly prohibited. All participants must be members of the Canadian Freestyle Ski Association".

5.0 CFSA AIR TRAINING PROCEDURES

5.1 SAFETY AND ACCIDENTS – ON-SNOW AND WATER RAMPS

1. Athletes training on a water ramp is allowed to attempt any new manoeuvre they wish as long as the athlete has followed and learned the progression of skills leading up to the new manoeuvre and has the permission of their Coach. The responsibility for ensuring that the progression is followed rests with their Coach.
2. The Ski Patrol (on snow)/Site Supervisor (on water) must be informed in advance that Air training is scheduled to take place. The amount of advance notice required is subject to a mutual agreement between the Ski Patrol / Site Supervisor, the facility operator, and the Air Coach.
3. A toboggan and backboard must be present at the jump site at all times during training.
4. At any time an athlete sustains an injury, the Coach supervising the training must complete a CFSA Accident Report form (located on CFSA website).

The accident report form must be completed and sent directly to the CFSA national office within 24 hours of the occurrence. For those covered by Accident Insurance provided through CFSA, the accident report will be submitted to the insurance company by CFSA to declare the accident. In case of hospitalization, the coach or activity supervisor is responsible for having the Claim Form and Attending Physician's Statement completed on location (located on CFSA website).

In the event of a medical emergency outside of Canada, which may require treatment, hospitalization or emergency repatriation, the Coach or activity supervisor must contact the appropriate 24 hour Speciality Assistance Services immediately, at the number provided on the bottom of the Accident Report. At this time, instructions will be given on how to proceed. In case of hospitalization, the coach or activity supervisor is responsible for having the Claim Form and Attending Physician's Statement completed on location (located on CFSA website).

5. General information regarding accident insurance and policy description is available on the CFSA website. The group policy number and emergency telephone numbers are provided on the CFSA Accident Report.
6. Clubs and teams can request a Medical Authorization and Information form from their athlete(s) in order to assist the coach in seeking medical attention for the athlete in the case of an accident. This form must be kept in the Coaches' files. An example of this form is located on the CFSA website.

5.2 ON-SNOW TRAINING REGULATIONS

5.2.1 SUPERVISION

1. Opening Training Sites

A L2 Air Coach, who is at minimum In Training (Snow), is permitted to open an air site where inverted air manoeuvres will be performed.

A Club Coach, In Training, Trained or Certified, will be permitted to open air jump sites and supervise non-inverted air manoeuvres.

All Coaches must be registered with a CFSA Coach License and be a member in good standing.

CFSA Club Coaches teaching upright air and entry-level spinning manoeuvres (up to jumps with 540° of rotation with switch take-off or landing) may supervise athletes on:

“Entry-level” jumps sites defined as jumps in terrain parks identified as small or green circle features.

A Mogul course.

A Big Air (Small) aerial site.

2. Supervising Coach Responsibilities:

In all disciplines inverted air manoeuvres are to be performed under the supervision of a L2 Air Coach, In Training (Snow). On occasion the Coaches may demonstrate a manoeuvre only they are supervised by another L2 Air Coach, Trained.

A Coach must supervise all inverted air manoeuvre training and in competition to ensure athletes are confident and competent at each venue.

For Aerials and Big Air the coach who is supervising training must be situated on the knoll of the jump site and be prepared to "call" his/her athlete during the athlete's flight.

- In all disciplines the coach must have inspected the site including that the landing is in good shape, and should continue to monitor course conditions through the training/competition period.

In Aerials and Big Air, training must be stopped when the Coach leaves his/her position on the knoll. Athletes will not be allowed to continue jumping as part of the training session unless there is another Coach present.

The coach's role includes ensuring that all athletes hold valid CFSA memberships and that the jumpers have the appropriate Air qualifications.

The coach supervising the training must:

- frequently inspect the site to ensure that it is safe for training

- interrupt or cancel when weather and/or snow conditions introduce an undue degree of risk

5.2.2 SITE PREPARATION (AERIALS AND BIG AIR)

1. The physical characteristics of the jumps and the jump site must conform to the norms established by the FIS for triple inverted manoeuvres and/or by the CFSA for Big Air and for single and double inverted manoeuvres. See sections 3.1 and 3.2.

The landing hill must be smooth and even, and as free as possible of ice and chunks of ice and/or hard snow.

For uprights and horizontal trajectory (i.e Big Air) tricks, the snow on the landing will be broken to a depth of 15 cm. (6 inches) and packed smooth by sidestepping with skis on the entire length of the hill.

2. For inverted Aerials, the snow on the landing hill must be softened to a minimum depth of 50 cm. (20 inches) for the following minimum distances from the knoll:

Jump	Chop length	Chop width
Single inverted manoeuvres:	15 metres	3 metres
Double inverted manoeuvres:	20 metres	5 metres
Triple inverted manoeuvres:	25 metres	10 metres

3. The knoll and table must be chopped and softened to a minimum depth of 50 cm., a minimum width of 3 meters per jump and at the following minimum distances from the knoll towards the jumps:

Single kickers	1 metres
Double kickers	2 metres
Triple kickers	3 metres
Floater	2-3 metres

5.2.3 SITE PREPARATION (MOGULS)

Materials:

- Pre-built jump forms (plywood and 2 x 2's or 2 x 4's) that will build a jump that's approximately 10 cm higher and thicker than the finished product (see table in next section.)
 - 20 – 30 sticks of bamboo for setting forms and aligning jumps
 - 5 gallons of water per jump being built
 - Snow blower to auger chunks into fine snow while filling the forms
 - Snow scoops and shovels to move snow into position and into the snow blower
1. Pin the forms in place so the centre of the air bump lies in the centre of the mogul line above and below it... It's most important that the air bump lies centered in the line below it so the skier lands in the appropriate spot and doesn't have to make a 'major' correction to enter the line below.
 2. The jump forms should be positioned 1 – 2 metres back from the knoll on the table.
 - 1 metre for entry skiers
 - 1.5 metres for intermediate (Provincial and National level) skiers
 - 2 metres for advanced (World Cup level) skiers
 3. Blow snow, sprinkle water, blow more snow, then shovel and ski pack it and repeat until the jump form is filled and the snow surface is smoothed. Do not water the running surface of the jump, as this will make it very difficult to shape later.
 4. Let the jumps sit for a few hours or overnight to solidify, then rough and fine shape the transitions and takeoffs so there is a smooth round entry, a nice flat transition, and a smooth round takeoff at 26 – 30 degrees. Many Coaches feel the takeoff angle should match the landing hill angle to give the skier's the appropriate trajectory for execution of their trick with a safe landing.

Here are FIS specifications for International competitions that we use for all national and international level events:

Jump Specifications	
Distance from the end of the last mogul to jump take off	4 – 5 m
Jump Height (transition to takeoff)	50-60cm
Jump Width	1.2m minimum
Take-off angle	26-30 Degrees

- Daily chopping (to approximately 30 cm (12 inches)) and stepping of landings on air bumps is required.
- Daily shaping
- Routine sweeping of the jumps and patching holes in the landing hill are required throughout training
- Hopefully you receive natural snow periodically and you just keep skiing up the bumps. If the bumps get really icy, have some athletes with shovels “chatter chop” the icy areas, generally the turns between the bumps. Chatter chopping is just to make shovel marks 1” deep in order to give the ski edges something to grip on if it gets too icy.
- If they become unmanageable, i.e.: it rains and freezes...book the cat and groom them flat and rebuild them.

For further information refer to the CFSA Mogul Construction Guidelines (2010).

5.2.4 ACCESS RESTRICTIONS (Aerials & Big Air)

1. One person shall be designated as Knoll Master and he/she shall have sole authority to control the activity on the jump site during a Big Air and Aerials training session. In a competition situation, a Jury Member may overrule a Knoll Master's decision.

The Knoll Master shall communicate with the athletes and coaches verbally, with arm signals and/or with a flag.

The responsibilities of the Knoll Master include:

ensuring that the jump site is run in a safe and organized manner;
constantly inspecting and maintaining the knoll and landing;
keeping the table, knoll and landing clear of spectators and unauthorized individuals;
directing the order of the jumps to be used;
closing the jumps when maintenance must be performed on the jumps, knoll and/or landing;
clearing the jump for the next jumper.

The Knoll Master must be appointed by an L2 Air Coach, Certified, Air Qualifier, Chief of Competition or Technical Delegate and may be awarded to any member of the CFSA in good standing.

A Knoll Master who is not, at minimum, a L2 Air Coach, In-Training (Snow) cannot open a jump site and supervise training alone without being accompanied by an L2 Air Coach, In-Training (Snow) and in good standing with the CFSA.

2. Access to the knoll area is restricted to only the Knoll Master, Technical Delegate, Coaches and Qualifiers who have athletes actively training Air on the site. Access to this area by other individuals must be authorized by the Knoll Master and/or the Technical Delegate, Chief of Competition, or Chief of Course in a competition situation.
3. All persons wishing to cross the knoll or table while the site is in operation must request permission from the Knoll Master to do so.
4. Spectators must be situated at least 2 meters in distance from the sides of the jump site, ideally behind fencing.
5. Fencing must be used to completely close off the table, landing and outrun areas of the jump site.
6. The jump site must be closed with fencing or in a manner that makes the jumps inaccessible to anyone who may attempt to use them outside a supervised training period.

5.2.5 EQUIPMENT

1. All athletes participating in Freestyle skiing activities must wear helmets when training and/or competing .
2. Functioning ski brakes must be present on all skis. Safety straps are strictly forbidden on snow or when performing double or triple flips on water ramps.
3. Pole straps must be removed from the wrists when using poles on water ramp.
4. Properly fitted mouth guards are strongly encouraged.

5.3 WATER RAMP TRAINING REGULATIONS

5.3.1 Supervision

1. Water ramp training must be supervised by, at minimum, a L2 Air Coach, In Training (Water).
2. A person certified in First Aid (and in particular with removal of injured persons from water) must be on site at all times during training. This person can be the on-site coach).

5.3.2 Site Requirements

1. Water in the landing area of a water ramp shall have a minimum depth of 2.5 m. (eight feet).
2. There must be a margin of error of four metres on each side of each jump landing area.
3. For water ramps built above the ground, the in-run and top of the transition of the ramp shall have safety railings on both sides of the in-run. The railing must be a minimum height of 100 cm. (three feet) and be built solid enough to resist the impact of a skier. (Note: this is subject to local building requirements)

A 20 cm. (eight inch) high baseboard running the entire length of the in-run must be built on the inside base of the railing. This baseboard should be designed to deflect the skis of an athlete back towards the in-run.

Water ramps built on the ground on a hillside do not require safety railings.

4. The flat area of the transition situated above the water and jump should not have protective railings, except where they are protecting the athlete from an identifiable hazard.
5. The following safety equipment must be installed and be present at all times:
 - a buoy-line enclosing the water landing area to exclude boats, swimmers, or unauthorized people;

- a ring buoy (life-saver) with an appropriate length of line;
- a first aid kit;
- an aquatic backboard;
- a telephone within 500 meters. A charged cell phone in good range is also acceptable.

5.3.3 Access Restrictions

1. The Coach must control the number of athletes in the preparation area at the top of the ramp. Spectators should not be permitted in this area.
2. Access to the transition of the ramp must be controlled and limited only to the Coach or to the designated person watering the ramp.
3. The ramp must be locked, roped, or fenced off to make it inaccessible during non-training hours.

5.3.4 Jumping Procedures

The Coach must clear the jump before each departure down the ramp and be prepared to assist the jumper if he/she sustains an injury.

5.3.5 Equipment

Athletes are required to wear Canadian Standards Approved (CSA) helmets when performing Airs, and approved personal flotation devices (lifejackets). The use of wet or dry suits is strongly recommended.

Please note that the Canadian Freestyle Ski Association has technical data available for anyone interested in installing a water ramp facility. Please contact the CFSA National office for more details.

5.4 TRAMPOLINE TRAINING REGULATIONS

The CFSA will sanction trampoline training only under the following conditions. Those individuals and coaches participating in any trampoline activity without abiding by these regulations will do so entirely **at their own risk:**

1. A) For upright air manoeuvre training, strict supervision must be provided by coaches who have Gymnastics Canada NCCP Level 1 Trampoline Coach In-Training or completed the CFSA Air 1 (Advanced Club Coach) Module.

B) For inverted air manoeuvre training, strict supervision must be provided by coaches who have passed the Gymnastics Canada NCCP Level 2 Technical Trampoline, or completed the CFSA Acrobatic Module (AM) 2 and passed the competency evaluation.*

*NOTE: A CFSA Learning Facilitator may evaluate coach competency to teach inverted air prior to taking the Air 1 and Air 2 modules, but this competency will only remain valid for 1 year's time. The coach must obtain status as a Air 1 Coach, In Training to maintain their competency status to coach inverts on trampoline within that year. Competency evaluations will only take place in extreme circumstances with highly qualified coach candidates who will undergo a rigorous evaluation.

2. The training must be incorporated as part of a complete Air training program for Freestyle skiing.
3. All participants must have a valid CFSA membership and license. It is the Coach or activity supervisor's responsibility to request current membership lists from his/her Provincial Sport Organization.
4. A minimum of four spotters (one located on each side of the trampoline) is required at all times when an athlete is bouncing without a spotting belt unless the bed is sunk into a ground level deck with full crash pads surrounding any surfaces where the athlete may reasonably travel.
5. All other standard trampoline safety procedures as established by the Canadian Gymnastics Federation Safety Manual and outlined in the NCCP Level 2 Trampoline Technical course and/or the Air 1 and 2 Manuals must be followed at all times.

For more information on Trampoline Coaching Certification please contact your Provincial Gymnastics/Trampoline office. For Air 1/ Air 2 Training and competency evaluation please contact your PSO/TSO or CFSA Coaching/Technical Director.

5.5 NON-TRADITIONAL TRAMPOLINE FACILITY TRAINING POLICY

5.5.1 PREAMBLE

This policy defines the conditions under which the CFSA will approve and sanction trampoline activities for CFSA members in "other environments". Other environments are defined as trampoline facilities not located in a recognized gymnastic facility or similar indoor controlled acrobatic training facility or at a CFSA recognized water ramp.

5.5.2 ACTIVITIES WITHIN THE SANCTIONED AREA

The CFSA will provide approval and sanctioning of trampoline activities in "other" environments under the following conditions:

1. Written authority to use the trampoline in environments other than secure gymnasium must be obtained from the owner of the property in question. A Copy of this written agreement must be supplied to the CFSA. Permission to use the trampoline may require the coaches and athletes to sign waivers or hold harmless agreements as a condition of use of the apparatus.
2. All training activities must be conducted under the supervision of a coach with the minimum appropriate training and certification as outlined the CFSA "ARQ Manual".
3. Coaches are to follow the skill training progressions outlined in the CFSA Air 1 Module and Air 2 module advanced club coach training programs.
4. Coaches must assess an athlete's skill level and determine if his/her skill level is appropriate for new tricks. Coaches should limit the athletes' skills if the athlete does not exhibit the appropriate skill level.

5.5.3 THE ENVIRONMENT

The Apparatus must be set up in a way that there will be no risk to the athlete of striking anything in the immediate vicinity of the trampoline. I.e. the trampoline shall be set up clear of any wires, branches or structures and the area surrounding the trampoline shall be free and clear of obstacles that may impede the athlete, spotters or coach.

5.5.4 THE APPARATUS

1. All trampolines and alternative spotting systems shall only be used as per their manufacturer's specification and instructions.
2. There must be sufficient padding such that that no part of the trampoline frame or any metal or other hard surface within "striking distance" of athlete shall be exposed to the athlete.

5.5.5 THE APPARATUS INSPECTION

Apparatus placed outside will be susceptible to damage and deterioration from the elements (sun, wind, precipitation and changing temperatures).

The Coach must inspect the trampoline and peripheral apparatus prior to each training session to ensure it is safe for training.

The coach shall ensure that:

- a) The frame is properly set up and that all nuts, bolts, washers, support bars, shims and any and all other stabilizing equipment is in place, is tight and secure. The coach shall also check that there are no cracks in the frame or frame welds and that there is no excessive rust and that there are no sharp areas or burrs that may injure the athletes or spotters.
- b) The frame padding is secure and that all straps and Velcro or other padding retention system is in good condition.
- c) If end decks are in use, the decks are solid and that the necessary padding is in good condition and is held securely in place.
- d) The springs or bungees are in place, intact and in the case of springs that all spring hooks are placed downwards.
- e) All frames, anchor points, pulleys, ropes, bungees, carabineers, and spotting belts for the overhead spotting system are secure and in good working order.

- f) If there are padded walls on the side(s) of the trampoline, the pads are in good condition and securely fastened to the walls.
- g) If there is a perimeter netting system that the netting, ropes, bungees, frame and padding is all secure and in good condition.

5.5.6 APPARATUS STORAGE

The club must describe how the apparatus shall be stored in manner that will not allow it to be used when not being used for sanctioned training.

5.5.7 SPOTTING REQUIREMENTS

1. There must be a minimum of one spotter on each "open" side of the trampoline. (i.e. a side that does not have netting or a padded wall).
2. The spotting requirement shall be waived if the athlete is supported by an overhead spotting rig (coach/rope supported or bungee).
3. The person operating the spotting rig must be properly trained to spot an athlete while performing inverted maneuvers on the trampoline.

5.5.8 SPECIFIC SANCTION CONDITIONS

In addition to information required in the "Sanction Procedures" section 4.0, prior to use the club shall provide to CFSA National Office:

1. Written permission from the property owner for use of the trampoline on the property.
2. A list of coaches engaged to supervise the training including the coaches' respective levels of certification.
3. Photographs of the apparatus and its overall environment
4. A list of equipment including make and size of the trampoline, the height of the frame from the floor, and the date of manufacture, and the type and name (if different from the trampoline) of the manufacturer of the overhead spotting apparatus.

5.6 AIR BAG TRAINING

Inflatable air bags may be used for training inverted air manoeuvres only on approval by the CFSA. CFSA member clubs may submit an application requesting the use of an air bag for training and outline:

- The training purpose.
- Location of the training.
- If the training is on snow or dry land.
- The air bag manufacturer.
- Air Bag Manufacturer's product specifications.
- The person who is installing the air bag.
- Qualifications & experience of the person installing the air bag.
- Specifications of the jump(s) or quarter pipe.
- Safety procedures.
- Person supervising training.
- Qualifications of the person supervising training

Air bags must:

- Not be firm or provide the opportunity for the athlete to bounce on or off the air bag.
- Be installed according to the manufacturer's instructions.
- Be maintained and monitored according to the manufacturer's guidelines.
- Installed so:
 - There is no space between the jumps or table and the air bag.
 - It extends a minimum of 5 meters beyond each side edge of the jump or air site table for the entire length of the air bag.
 - The athlete lands near the middle of the air bag.

The CFSA recommends the manufacturer assist with the initial installation of the air bag and complete a training session on the set up, tear down and maintenance of the air bag.

Pictures of the final installation must be submitted to the CFSA for final approval prior to the start of training.

Helmets are mandatory for all training into an air bag.

Training with an air bag must be supervised by, at minimum, a L2 Air Coach, Trained.

All policies and requirements pertaining to Qualifiers, supervising coaches and jump qualifying herein must be followed.

6.0 CFSA AIR QUALIFICATION SYSTEM

6.1 SANCTIONING AUTHORITIES

1. Athletes must be members in good standing of the CFSA.
2. Qualifications must take place on CFSA or FIS sanctioned Air training sites, water ramp sites or authorized terrain parks.
3. CFSA appoints the Master Air Qualifiers Working Group, a subcommittee of the Air Working Group. The Masters Qualifying group will have the following tasks:
 - Create and verify annually the qualifying process and standards for Air Qualifiers. These standards must be submitted to and approved by CFSA Technical Director, and or Chief Operating Officer, and the CSA Risk Manager.
 - Directly review the application, assess competency, and approve or remove certification of level 2 Air qualifiers.
 - Oversee the process to train and review the application, assess competency, and approve or remove certification of level 1 Air qualifiers. This includes:
 - Reporting to CFSA if there are any problems with the management of athlete qualifying records, and or qualifier competency forms.
 - Scrutinize the Qualification and Qualifier education process for the CFSA Disciplines Aerials, Slopestyle, Big Air, Mougs and Halfpipe.
 - Work with the CFSA Technical Director, or his/her designate, to maintain a list of active Qualifiers and Master Qualifiers.

6.2 AIR QUALIFIERS

6.2.1 QUALIFIERS

Only individuals designated by the CFSA may qualify athletes to perform Air manoeuvres on water ramps and on snow. For more information on an updated list of active Air Qualifiers in your area, contact the CFSA national office or view the list posted on the CFSA website – www.freestyleski.ca.

1. There are two categories of Air Qualifiers: Aerials and Park & Halfpipe. Air Qualifiers may be designated as either or both. Prior to May 1, 2011 Air Qualifiers are designated as both. After May 1, 2011, Air Qualifiers must demonstrate competency separate for Aerials and Park & Halfpipe. All existing and new Air Qualifiers will be evaluated for competency in both categories after May 1, 2011.
2. There are three levels of Air Qualifiers. The levels indicate the degree of difficulty of the Air manoeuvres that the Air Qualifier is approved to qualify. Air Qualifiers at Level 2 and

3 can automatically qualify manoeuvres at lower levels in the stream/category they have achieved competency.

6.2.2 LEVEL OF QUALIFIERS

Level 1 Qualifiers may qualify single inverted air manoeuvres up to 1 full twist (eg: back full or rodeo 720). To meet the minimum standard to request Level 1 Air Qualifier status, a Coach must be a L2 Air Coach, Certified:

Level 2 Qualifiers may qualify single inverted manoeuvres with 2 full twists (eg: back double-full or D-spin 1080) and double inverted manoeuvres with up to 1 full-twist. To meet the minimum standard to request Level 2 Air Qualifier status, a Coach must:

- Be a fully certified CFSA L2 Air Coach, Certified
- Have completed Level 2 Trampoline or AM 2 (i.e. in training to coach double inverted air manoeuvres).
- Have obtained Level 1 Air Qualifier Status
- Have minimum 3 Years experience in training inverted air manoeuvres using CFSA skill progressions.
- Demonstrate high quality decision-making skills on an air site,
- Be recommended in writing by at least 1 peer.
- Be unbiased and able to qualify athletes on the basis of merit only\.

Level 3 Air Qualifiers may qualify all manoeuvres. Level 3 Air Qualifier status may be granted to fully certified Level 3 NCCP Air coaches upon their written application to the Master Qualifier Group and the CFSA Technical Director, or his/her designate. Please note that the pre-requisites for the Level 3 Air Technical course include full Level 2 Air certification (Theory, Technical and Practical) and Level 3 Theory.

QUALIFIER LEVELS

Qualifier	Max Manoeuvre	Categories
Level 1	bF	Aerial
	Rodeo 720	Park/Pipe
	Flat Spin 720	“
	D-Spin 720	“
	Misty 720	“
Level 2	bdF	Aerial
	bFT	Park/Pipe
	bLF	“
	Kangaroo Flip	“
	Double Rodeo 1080	“
Level 3	bLtFF	Aerial
	bdFdFF	
	bFtFF	
	bdFFdF	

6.2.3 APPLICATION FOR, AND REMOVAL OF, QUALIFIER STATUS

A L2 Air Coach, Certified may apply to begin the training process to become an official CFSA Air Qualifier by using the application form on the CFSA website. Please see the process outlined in 6.2.5

CFSA National Team Aerial Coaches will be granted automatic Air Qualifier Status pursuant to a review by the Master Qualifier Group to qualify jumps up to the appropriate level of difficulty based on the Coaches' previous athletic and coaching experience.

Former National Team Aerial athletes or foreign trained Aerial athletes and coaches may request Qualifier status by submitting a Air Qualifier Application to the CFSA Technical Director and the Master Qualifier Group. Air Qualifier status will be granted following an assessment of the applicant's previous technical and coaching experience. Athletes and coaches granted Air Qualifier Status in this manner must pass a competency evaluation.

The CFSA may rescind an individual's Air Qualifier status if it is deemed that a Air Qualifier has neglected their responsibilities acted incompetently or unethically. The CFSA also reserves the right to remove the name of a Air Qualifier who has been inactive as a qualifier for an extended period of time or has not participated in CFSA Air Qualifier training provided.

6.2.4 AIR QUALIFIER RESPONSIBILITIES

1. The Air Qualifier must be a member in good standing of the CFSA.
2. The Air Qualifier is required to evaluate candidates wishing to become qualified according to the criteria outlined in Section 6.5.4.
3. The Air Qualifier is required to sign the candidate's Air Passport (section 6.3) when the candidate qualifies a manoeuvre on a water ramp or on snow, or when the candidate updates their qualification annually.
4. The Air Qualifier is required to cancel an athlete's "on-snow qualified" status for a particular manoeuvre when the athlete consistently fails to perform the manoeuvre in a safe and controlled manner. A Air Qualifier may cancel only those manoeuvres they are permitted to qualify.
5. The Air Qualifier is required to use the Air Qualification Form (located on CFSA website) to document any qualification actions on water or on snow.
6. The Air Qualifier must send the CFSA a copy of the signed Air Qualification form within 7 days of the qualification in order to keep the electronic database updated. Snow qualifications must be faxed to the CFSA national office within 24 hrs of qualifying.
7. It is recommended that the Air Qualifier keep their own database or documentation of all qualifications conducted.

6.2.5 BECOMING A QUALIFIER

An AIR QUALIFIER evaluates athletes. A MASTER QUALIFIER evaluates QUALIFIERS.

Air Qualifier status is separate from the coach certification process. To become an Air Qualifier, candidates must have proven experience of coaching inverted air manoeuvres in a variety of environments and:

- Be a L2 Air Coach, In Training and pass a CFSA Coach competency evaluation. OR:
- Be a L2 Air Coach, Certified; OR
- Complete the new CFSA Air 1-4 Modules and pass a CFSA coach competency evaluation (implementation in 2010/2011).

In order to achieve Qualifier status a Candidate Qualifier shall request Qualifier status to their Provincial Coaching Coordinator (PCC).

The PCC shall send the request for verification of the candidates coaching record to the CFSA Technical Director or his/her designate who shall either:

- a) Endorse the coaches record of certification and forward to the Master Qualifier Group or:

- b) Refuse the application based on whatever deficiencies are found. The NCC will inform the PCC of the deficiencies, PCC informs the candidate.

In the absence of a PCC the candidate shall make application to the NCC directly, in this case the NCC shall:

- a) endorse the coaches record of certification and forward to the Master Qualifier Group or:
- b) refuse the application based on whatever deficiencies are found and inform the candidate as such.

If the candidate is endorsed he/she shall:

- Be given a review of the role of the Air Qualifier and of the Qualification System, including the competencies outlined in the Qualifier Competency evaluation form (fall 2010).
- Perform five qualifications in the presence of a Master Qualifier to the satisfaction of said Master Qualifier.
- Receive an evaluation from the Master Qualifier who shall either grant the candidate Air Qualifier status or not.

Master Qualifiers

Master Qualifiers will be named by the Master Qualifying group and the CFSA. Their responsibilities include:

- Contact the candidate and establish dates(s) for evaluation.
- Evaluate candidate Air Qualifiers.
- Either accord or refuse the candidate Air Qualifier status.
- Inform the NCC and respective Provincial Coaching Coordinator (PCC) of the results of the evaluations.

The NCC shall:

- Verify candidates coaching certification records prior to forwarding application to Master Qualifiers.
- Keep record of all evaluations.
- Work with the MQG in maintaining a list of all active Air Qualifiers and Master Qualifiers.

The PCC shall:

- Assist the candidate qualifier in their preparation for Air Qualifier status.

- Work with the CFSA TD or his / her designate to maintain an active record of all respective Air Qualifiers.

6.3 THE AIR PASSPORT

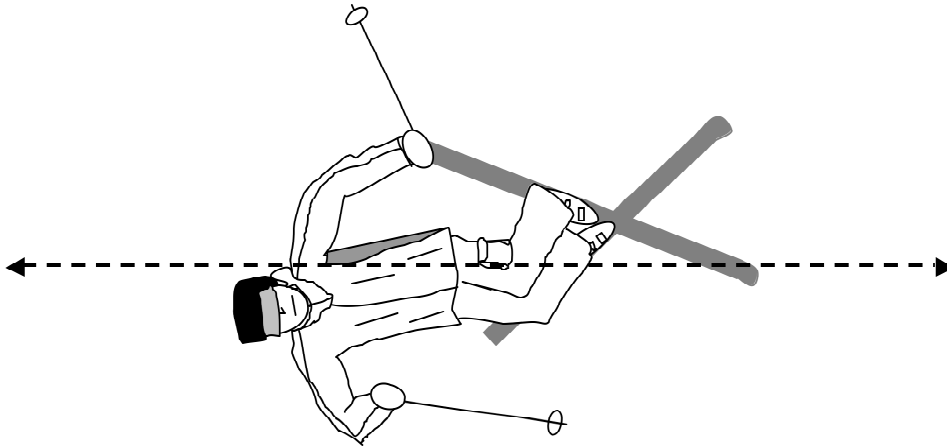
1. The Air Passport is the athletes' **only official record** of the inverted air manoeuvres they have qualified. All other records or summaries, written or electronic, are for information purposes only. Athletes must carry the Air Passport with them at all times during training and competition. This is the athletes' responsibility.
2. An Air Passport will be given to every Air competitor, by their coach, upon their first inverted manoeuvre qualification. All qualified and inverted manoeuvres will be registered in the Air Passport. The Passport will serve to identify an athlete's Air manoeuvre qualification status. The Air Passports will be substantiated through the CFSA Air qualification database.
3. The Passport will remain in the athlete's possession for his or her entire competition career, and the athlete will be responsible for keeping it up to date. It will be signed by Air Qualifiers on an ongoing basis authorizing the athlete to perform specific inverted Air manoeuvres in training and in competition.
4. The Air competitor should be prepared to show the Passport to a Technical Delegate on a competition or training site at any time.

6.4 UPRIGHT MANOEUVRES

Uprights and rotational upright Air manoeuvres (e.g. helicopter) do not need to be qualified. In the event that an athlete is deemed to be posing an undue risk due to repeated unsuccessful attempts at a particular manoeuvre, they may be suspended from further attempts at that manoeuvre by a certified Air coach. Certified competition officials (Technical Delegate, Head Judge, Chief of Competition and Chief of Course) have the power to recommend suspending a qualification if the athletes are in danger of injuring themselves.

6.5 INVERTED MANOEUVRES

An inverted Air manoeuvre is, by definition of the CFSA, any manoeuvre whereby the athlete's feet or hips go above the athlete's head at any time during the said manoeuvre (see diagram below). For purposes of clarification Misty, Rodeo, Flat Spin, Flair, and Underflip are all considered by the CFSA to be inverted manoeuvres. If there is any question about the status of other new manoeuvres, they must be clarified before being performed on a CFSA sanctioned snow training site.



6.5.1 BASIC PRINCIPLES

The basic premise for the qualification of inverted Air manoeuvres is that the athlete must be completely familiar and comfortable with the execution of an inverted Air manoeuvre before that manoeuvre may be qualified and executed on snow. The move is again qualified on snow before performing in the stress of competition.

CFSA teaches/qualifies acrobatic moves in the following process:

1. Learn and competently perform the acrobatic skill – generally the apparatus used in Freestyle is a trampoline.
2. Through mileage on water ramp and other CFSA approved training sites, and through technical training the athlete achieves a high standard of form and technical ability. Once the coach and athlete are confident that the athlete is ready to perform the move safely in varying conditions, the manoeuvre can be qualified on a water ramp.
3. Athletes may qualify the inverted air manoeuvres on snow after the Coach has determined the athlete has an appropriate level of technical ability to perform the jump on snow.
4. Athletes must qualify inverted air manoeuvres on a water ramp or other apparatus approved by the CFSA before they can train the jump(s) on snow.

This system relies on the coach establishing athlete competency on an ongoing basis. A coach may at any time require a more rigorous standard of their athletes, and revoke qualification if the coach feels that the circumstance puts the athlete in jeopardy – for example athlete fatigue or injury, poor conditions, athlete skill loss.

In order to correctly learn the mechanics of more difficult jumps, the athlete must follow a pre-determined progression. A jump will not be considered qualified unless the manoeuvres from the progression that leads up to the jump have also been qualified.

6.5.2 EXCEPTIONS

A Master Qualifier may, in limited circumstances, grant an exception to this policy and allow an athlete to qualify a jump on snow without qualifying the jump on water provided a water ramp facility is not a suitable training facility for training and qualifying inverted air manoeuvres for Slopestyle, Big Air and Halfpipe AND an air bag facility is not available nor accessible.

6.5.3 AGE RESTRICTIONS

The following minimum age restrictions for performing inverted aerial manoeuvres apply to all disciplines of Freestyle Skiing – Moguls, Aerials, Slopestyle & Halfpipe – subject to any aerial manoeuvre restrictions for each individual discipline (e.g. double inverted aerial manoeuvres are not permitted in Moguls) and apply to training and competition on snow, into air bags and on water ramps.

- Single Inverted Aerial Manoeuvres
 - There are no age restrictions
- Double Inverted Aerial Manoeuvres
 - Juvenile Age Category – Fourteen (14) to fifteen (15) years of age as of July 1st in any Membership year.
- Triple Inverted Aerial Manoeuvres
 - Junior Age Category – Sixteen (16) years of age and older as of July 1st in any Membership year.

6.5.4 MANOEUVRE RESTRICTIONS

Double inverted aerial manoeuvres will be permitted in Halfpipe, Slopestyle, and Big Air and Aerials.

Applications for qualification of double inverted air manoeuvres in Halfpipe Slopestyle, and Big Air must be made in writing by the athletes' coach to the CFSA Technical Director, or his/her designate, and a Master Qualifier. Approval to qualify and perform double inverted air manoeuvres in Halfpipe, Slopestyle, and Big Air will be granted on a case-by-case basis.

Triple inverted aerial manoeuvres are not permitted in Halfpipe, Slopestyle, and Big Air.

Double and triple inverted aerial manoeuvres are not permitted in Moguls and Dual Moguls

6.5.5 QUALIFICATION PROGRESSION

A manoeuvre cannot be qualified, either on snow or on a water ramp, until all manoeuvres on the progression chart preceding the one for which qualification is being sought have been qualified.

6.5.5 HIGH PERFORMANCE PROGRAM QUALIFICATIONS

Each HPP athlete is qualified and re-qualified by a HPP coach/qualifier annually. There is a master list available each season of the most difficult manoeuvres that each HPP athlete is qualified to execute in competition. If there is any reason to inquiry further, the HPP coach will be able to provide more information. CFSA keeps all air qualification documentation on site at head office. Inquiries can be made directly by contacting CFSA directly.

QUALIFICATION PROGRESSION CHART AERIAL

MANOEUVRES			MILEAGE	
			WATER	SNOW
	(fT)		50 for any forward single	15 (all singles)
	(bT)		50 for any backward single	
	bL		0	
	bF		0	
/		\		
bdF		bLT	50 for first double	10 (all doubles)
		(bLL)	(50 for subsequent doubles)	
		bLF		
(bFT/bFL)		(bFT/bFL)		
bFF				
bFdF				

bdFF				
		(bLTT)	75 for first triple	5 (all triples)
		bLTF	50 for subsequent triples	
		bLFF		
		bLFT		
bLFF		bLFF		
bFFF		bFFF		
bFdFF				
bFdFF				

QUALIFICATION PROGRESSION CHART PARK/PIPE

MANOEUVRES			MILEAGE	
			WATER	SNOW
360			0	0
-540			0	0
(CORK)	540		0	0
BIO	540		0	0
CORK	720		0	0
BIO	720		0	0
BACK	FLIP		50	15
FRONT	FLIP		50	15
LINCOLN			15 OF ANY	15 OF ANY
FLARE				
RODEO	540			
FLAT	540			
MISTY	540		15	15
(CORK)	900		0	0
(BIO)	900		0	0
D-SPIN	720		5 OF ANY	5 OF ANY

RODEO	720			
FLAT	720			
MISTY	720		5	5
(CORK)	1080		0	0
(BIO)	1080		0	0
D-SPIN	900			
RODEO	900			
FLAT	900			
MISTY	900			
(CORK)	1260		0	0
(BIO)	1260		0	0
D-SPIN	1080			
RODEO	1080			
FLAT	1080			
MISTY	1080			
DOUBLES	180	KANG FLIP OR ANY VARIATION	50	10

NOTES ON PROGRESSION CHARTS:

1. Steps in parenthesis are recommended steps, but are not required steps. Athletes do not have to qualify these manoeuvres to move to the next manoeuvre.
2. Steps in bold face are mandatory steps in the progression chart. Athletes must qualify each of these manoeuvres before moving to the next manoeuvre.
3. FT: Though this is not a mandatory step, the mileage requirement is mandatory for qualification purposes.
4. Front flip must be qualified due to its relation to Misty.

6.5.6 "MILEAGE" REQUIREMENTS

All Air manoeuvres that the feet or hips go over the head must be qualified on a water ramp before they can be trained or qualified on snow.

WATER RAMP QUALIFICATIONS

1. "Mileage" requirements apply only to the initial qualification of a manoeuvre. "Mileage" requirements do not apply to subsequent re-qualifications of a manoeuvre after the initial qualification.

2. Before an athlete can qualify single inverted manoeuvres on a water ramp, they must complete a minimum of 50 inverted manoeuvres (per direction of the flip) while training on a water ramp
3. Before an athlete can qualify double inverted manoeuvres on a water ramp, they must complete a minimum of 50 double inverted manoeuvres (per direction of the flip) while training on a water ramp.
4. For each subsequent double inverted jump to be qualified, an athlete must perform a minimum of fifty of that particular jump (i.e. if an athlete wishes to qualify Lay-Full, he/she must have performed 50 Lay-Fulls on water ramp before attempting to qualify it).
5. No double inverted manoeuvres shall be qualified within 1 calendar year of qualifying single inverted manoeuvres on water ramp or without qualifying single inverted manoeuvres with 1 twist on snow.
6. Before an athlete can qualify triple inverted manoeuvres on a water ramp, they must complete a minimum of 75 triple inverted manoeuvres while training on a water ramp.
7. For each subsequent jump to be qualified, an athlete must perform a minimum of fifty of that particular jump. "(i.e. if they wish to qualify Lay-Full-Full they must have performed 50 Lay-Full-Fulls on water ramp before attempting to qualify it)".

ON-SNOW QUALIFICATIONS

8. Before an athlete can qualify a specific single inverted manoeuvre on snow, they must complete a minimum of 15 attempts of that particular single inverted manoeuvre while in training.
9. Before an athlete progresses from singles to doubles on snow, they must perform a minimum of 100 single inverted Air manoeuvres on snow.
10. Before an athlete can qualify a specific double inverted manoeuvre on snow, they must complete a minimum of 10 attempts of that double inverted manoeuvre while training on snow.
11. Before an athlete progresses from doubles to triples on snow, they must perform a minimum of 75 double inverted Air manoeuvres on snow.
12. Before an athlete can qualify a specific triple inverted manoeuvre on snow, he or she must complete a minimum of 5 attempts of that particular triple inverted manoeuvre while training on snow.

MISCELLANEOUS

13. An athlete cannot qualify a manoeuvre and perform that manoeuvre in competition on the same day.
14. An athlete cannot attempt to qualify the same manoeuvre twice on the same day.

REGISTRATION OF QUALIFICATIONS

Air Qualifiers are responsible for submitting completed Air Qualification Forms to the CFSA National Office. Failure to submit the Air Qualification forms within the time period outlined herein may result in a review of the Air Qualifiers status.

All completed Air Qualification forms shall be sent to the CFSA National Office for filing and registration on the National Qualification Data Base.

During the ski season the database shall be updated weekly.

An Athlete WILL NOT, UNDER ANY CIRCUMSTANCES, be allowed to train or perform a inverted air manoeuvre in competition if the Technical Delegate or another Jury Member questions the athlete's qualification of the inverted air manoeuvre and:

- The athlete or coach doesn't have the athlete's passport; or
- The completed qualification form for the trick in question has not been submitted to the CFSA National Office AND;
- The trick has not been registered in the CFSA's National Air Qualification database and listed on the CFSA web site.

Exceptions will be made for air qualifications completed during the week of competition provided the athlete or his/her coach can provide proof the qualification.

6.5.7 QUALIFICATION TESTS

To qualify an Air manoeuvre on a water ramp or on snow, the candidate must pass a qualification test administered by an active and accredited Air qualifier. See CFSA Website for list of Air Qualifiers.

For jumps up to and including the level of difficulty of a double twisting double inverted manoeuvre, the test consists of performing the manoeuvre five consecutive times on the test day. The candidate must obtain a 75% score on each jump from each qualifier to pass.

For jumps with a greater level of difficulty than a double twisting double, the test consists of performing the manoeuvre three times over a maximum period of two consecutive days. The candidate must obtain a 75% score on each jump to pass.

The Air Qualification Registration/Score Form is used by the Air Qualifiers to record the test results. Refer to Appendix 3 for a sample copy of this form.

The Air Qualifier shall not provide coaching during the qualifying test.

Jumps must be started from different points on the in-run to simulate different speeds.

The criteria used to score a qualification test are:

TAKE OFF (25%)

Mental preparation

Speed taken

Body position in transition

Arm movement

Extension at lip of kicker

CONTROL DURING FLIGHT (25%)

Reaction to visual and verbal cues

Examples:

reacting to coach's call;

looking between the layout and the tuck in a Lay-Tuck

judging height or lack of it

reacting to the landing

EXECUTION (25%)

Form

Proper mechanical initiation and completion of the manoeuvre

Twisting, tucking, or breaking out of a tuck at the right moment

LANDING (25%)

Preparation for landing

Balanced landing on skis

Body position, Arms in front

6.6 DURATION OF QUALIFICATIONS

1. Inverted Air manoeuvres qualified on a water ramp retain their qualified status for the duration of the competition year (that is, until the following May 1). To extend the qualified status of previously qualified inverted Air manoeuvres the athlete must re-qualify their most difficult manoeuvres (according to the "Qualification Progression Charts on a water ramp each year - revised June , 2009)
2. In the event that an injury or other extraordinary circumstance prevents any opportunity for an athlete to re-qualify their most difficult manoeuvre on water ramp, an athlete must go through a "Request for Pardon process". The following must be submitted to the CFSA Technical Director prior to the beginning of the competitive on-snow season.
 - a) A letter from the athlete to CFSA Technical Director outlining the circumstances and why he/she should not have to re-qualify on water ramp in order to perform on snow the following season. The athlete should also describe what efforts were made, if any, to participate in the re-qualification process on water.
 - b) A letter from the athlete's coach stating why he/she feels the athlete is competent, stating reasons for this competency (e.g. past training, competition, water ramp experience, etc.), and what steps will be taken to ensure the athlete performs the inverted aerial manoeuvres safely once the athlete returns to snow.
 - c) A letter from the athlete's attending physician stating the athlete is fit to return to training and competition,

Provided steps (a) – (c) are completed, the CFSA may give an athlete permission to forego the regular qualification process. This "pardon" is granted for one time only.

If individual has received a "pardon" previous year for any reason, they do not qualify for one following season. This athlete must participate in the water ramp re-qualification process the following season.

3. Air manoeuvres qualified on snow retain their qualified status for that specific season until a coach or qualifier revokes this qualification. The qualification status of an athlete's inverted Air manoeuvre can be revoked if the athlete does not demonstrate competency.
4. The maintenance of an inverted Air manoeuvre's qualified status must be recorded in the athlete's Air Passport and signed by appropriate Air Qualifiers. Each athlete is responsible for keeping their Air Passport up to date with notations of all qualified Air manoeuvres.

5. An Air Qualifier has the responsibility to cancel an athlete's "on-snow qualified" status for any manoeuvre when the athlete consistently fails to perform the manoeuvre in a safe and controlled manner. An Air Qualifier may cancel only those manoeuvres they are permitted to qualify.
6. Before a manoeuvre's "on-snow qualified" status is cancelled, the Coach or Air Qualifier is required to warn the athlete that the manoeuvre must be relearned following the necessary progression. The athlete must demonstrate the proper progression for the Air Qualifier. The Air Qualifier will note any problems in the progression. If the athlete does not demonstrate the proper progression in a safe and controlled manner, the Air Qualifier will cancel the "on-snow qualified" status of the manoeuvre.
7. When a manoeuvre's "on-snow qualified" status is cancelled, the athlete must re-qualify the manoeuvre on a water ramp following the procedures outlined in Section 6.5.4, 6.5.5 and 6.5.6.

7.0 APPENDICES

APPENDIX 1	Winter Air Jump Site Homologation Form
APPENDIX 2A	Water Ramp Training Facility Homologation Form
APPENDIX 2B	Water Ramp Homologation-Photos Required Form
APPENDIX 3	Air Qualification/Registration Score Form
APPENDIX 4	CFSA Air Qualifier Application Form
APPENDIX 5	Competency Evaluation Form

APPENDIX 1

CANADIAN FREESTYLE SKI ASSOCIATION WINTER AIRSITE HOMOLOGATION FORM

GENERAL DATA		NAME OF SKI AREA:		
ADDRESS:		TELEPHONE:		
Jump site Data & Dimensions				
Uprights Site:	Single Site:	Compass reading measured when looking down the landing:		
Doubles Site:	FIS Site:			
Is there a notice posted at the site? Yes: _____ No: _____		Describe – fencing _____ - snowmaking _____ groomer access _____		
SECTION	LENGTH	WIDTH	SLOPE	
INRUN:				
TABLE:				
LANDING:				
FINISH AREA:				
JUMPS:	DISTANCE(m)	HEIGHT (m)	ANGLE (deg)	WIDTH (m)
Single Front				
Single Back				
Double Front				
Double Back				
Dbl/Triple Back				
Triple				
Triple				
Small Floater				
Medium Floater				
Large Floater				

Date of Site Inspection: _____

Name of National Technical Delegate: _____

Signature: _____

APPENDIX 2A

WATER RAMP TRAINING FACILITY HOMOLOGATION FORM

Name of Ramp:	
Ramp Operator:	
Completed by:	Date:

SINGLE KICKER/FLOATER SPECIFICATIONS

SECTION	Length (metres)	Width (metres)	Slope (degrees)
IN-RUN (structure)			
IN-RUN (track)			
TABLE (structure)			
TABLE (track)			
JUMP			
JUMP HEIGHT			
HEIGHT FROM TAKE-OFF TO WATER			

DOUBLE KICKER

SECTION	Length (metres)	Width (metres)	Slope (degrees)
IN-RUN (structure)			
IN-RUN (track)			
TABLE (structure)			
TABLE (track)			
JUMP			
JUMP HEIGHT			
HEIGHT FROM TAKE-OFF TO WATER			

TRIPLE KICKER SPECIFICATIONS

SECTION	Length (metres)	Width (metres)	Slope (degrees)
IN-RUN (structure)			
IN-RUN (track)			
TABLE (structure)			
TABLE (track)			
JUMP			
HEIGHT FROM TAKE-OFF TO WATER			
JUMP HEIGHT			

APPENDIX 2B

WATER RAMP HOMOLOGATION - PHOTOS REQUIRED FORM

Front view incorporating whole facility, wide angle (from boat if necessary).

Trampoline facility best angle possible as many photos as necessary to attain best view.

Top of in-run of triple kicker using a wide angle to get all of the jumps.

Side view of only jumps from both sides.

Side profile of the complete structure.

View up in-run from middle jump transition.

All Facilities on site other than ramp.

Each individual ramp from one quarter of the way up the in-run.

Anything else you feel is pertinent to the homologation of your water ramp facility.

APPENDIX 3

AIR QUALIFICATION REGISTRATION/SCORE FORM

PLEASE PRINT CLEARLY

ATHLETE DATA

FAMILY NAME _____ FIRST NAME _____
 STREET _____ CITY _____
 PROVINCE _____ POSTAL CODE _____ TELEPHONE _____
 QUALIFIER _____ LOCATION _____ WATER SNOW
 DATE _____

SCORING CRITERIA (each component is scored out of a maximum of 25 points)

<p>TAKE OFF:</p> <ul style="list-style-type: none"> - Mental preparation - Speed taken - Body position at transition - Arm movements - Extension at lip of kicker 	<p>CONTROL DURING FLIGHT</p> <ul style="list-style-type: none"> - Reaction to visual and verbal cues examples: <ol style="list-style-type: none"> 1) reacting to the coach's call 2) looking between the layout and the tuck in a Lay-Tuck 3) judging height or lack of it 4) reacting to the landing 	<p>EXECUTION:</p> <ul style="list-style-type: none"> - Form - Proper mechanical initiation and completion of the manoeuvre - Twisting, tucking or breaking out of a tuck at the right moment 	<p>LANDING:</p> <ul style="list-style-type: none"> - Preparation for landing - Balanced landing on skis - Body position - Arms in front
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The candidate must obtain a minimum score of 75 on every jump in order to qualify the manoeuvre

JUMP	TAKE-OFF	CONTROL	EXECUTION	LANDING	TOTAL	JUMP DATA
1						JUMP NAME: FIS DD Multiplier: <input type="radio"/> Qualified <input type="radio"/> Not Qualified Qualifier's Signature:
2						
3						
4						
5						
1						JUMP NAME: FIS DD Multiplier: <input type="radio"/> Qualified <input type="radio"/> Not Qualified Qualifier's Signature:
2						
3						
4						
5						
1						JUMP NAME: FIS DD Multiplier: <input type="radio"/> Qualified <input type="radio"/> Not Qualified Qualifier's Signature:
2						
3						
4						
5						

APPENDIX 4

AIR QUALIFIER APPLICATION FORM

To qualify for Air Qualifier training process, a L2 Air Coach must meet the following criteria:

- o Be a CFSA licensed coach in good standing.
- o Be approved by CFSA Technical Director.
- o Have completed L2 Air full certification.
- o Must be actively coaching for a CFSA sanctioned club or program.
- o Have spoken with a Master Coach to set up mentorship and shadowing opportunities.

Steps to follow:

1. Submit application form and include NCCP transcript for approval process to:
Canadian Freestyle Ski Association Technical Director - Sport Development
Tel: 778-328-7555 Fax: 604-714-2232 E: katherinakubenk@freestyleski.com
Please retrieve your NCCP transcript from www.coach.ca
2. Receive email acknowledgement of application status from CFSA.
3. Confirm availability for training and mentorship activities with Master Air Coach.
4. Contact your Provincial Sport Organization to set up your certification pathway as established with your Master Air Coach.

PROVINCE & TRAINING CENTRE	MASTER AIR Qualifier	EMAIL CONTACT
BC Whistler CFSA World Water Ramp	Marc MacDonnell	blackcombfreestyle@gmail.com
AB Grande Prairie, Red Deer & COP Water Ramp	tbd	info@abfreestyle.com
ON Lake Placid & CNEAYL	Toben Sutherland	tobensutherland@sympatico.ca
QC CNEAYL	Francois Jean	Fchico160@hotmail.com
QC Rampe d'eau Acroski Laurentides, St-Hippolyte	Luc Belhumeur	lucski@videotron.ca

AIR QUALIFIER APPLICATION FORM

PERSONAL INFORMATION									
First Name:					Last Name:				
Address:									
Phone #:					Email:				
Email:									
Title/Role:									
COACHING INFORMATION									
Mentor/Master Coach:					Email:				
Your NCCP #:									
Level of Certification:	Comp Intro-1 OR Comp Dev-2 OR Performance-3								
Club Coach:					Air:				
Moguls:					Park & Pipe:				
Level 4 Task #s:									
Level 5:					Course Facilitator Level:				
CSCF:					CSIA:				
Course/level in pursuit this season:									
Course/level in pursuit next season:									
Affiliated Club: (if applicable)									
RBC Jumps & Bumps program at this club: (X where applicable)					YES		NO		
Coach of what team:									
Responsible for approx. # of athletes:									
Athletes at what LTAD stage: (X in each that apply)									
Fundamentals		Learn2Train		Train2Train		Train2Compete		Train2Win	
Disciplines in which you have experience coaching aerial maneuvers: (Moguls, Big Air, Traditional Aerials, 1/2 Pipe)									
Reasons for wishing to become an Air Qualifier:									