



The Freestyle Federation of Russia and RUKA-PYHA Ski Resorts are pleased to invite all freestyle nations to attend the FIS Freestyle SS & SX PYHA OPEN Cup to be held in PYHA ski resort (Finland). The plan is to organize SS competition on Saturday, December 1st and SX competition on Sunday, 2nd of December 2012. Then we move to Ruka ski-resort for FIS Freestyle MOGUL RUKA Open Cup and welcome you all to FIS Mogul competition on Tuesday, Dec. 4th

ORGANIZING COMMITTEE

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RULES

The Freestyle Federation of Russia and "RUKA" ski resort is organizing **FIS Freestyle RUKA RUSSIAN OPEN Cup** competitions for the FIS 2012/13 freestyle circuit.

The dates of the competitions have been published in the International Calendar of FIS.

ENTRIES

Entries will be accepted from National Ski Associations in accordance with the FIS quotas and must be submitted to the Organizing Committee by mail, fax or E-mail **no later than November 20th, 2012**. Please, be sure to submit the entry before the above written deadline, because in case of the delay problems with accommodation may appear. Please complete enclosed Entry Form and send over to the Organizing Committee:

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Lesnoy Pr. 37 apt. 623
Oleg Kitov
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Mobile: +7 812 923 31 33
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ENTRY FEE

FIS Freestyle Ruka & Pyhä OPEN Cup:

SFR 30, - per competitor and event, i.e. 25 EUR

Entry fees to be paid upon registration to the Organizing Committee.

The money exchange is available at Kuusamo or Kemijarvi.

ACCOMMODATION AND RESERVATIONS

We are pleased to provide accommodation at Pyhä (SS, SX competitions) and Ruka (M-competition) ski-resorts with 15% discount for the athletes and their teams. Please send accommodation reservation request to sales@ruka.fi with a "RukaPyhä Freestyle Cup" mark and get **15% discount for accommodation in Ski-Inn apartments** close to slopes on both resorts.

The Organizing Committee offers the following variants of rooming in apartments and in the hotels at RUKA ski resort:

Best accommodation close to the slopes:

Pyhä:

PyhäSuites 43m² (4+2 beds)

PyhäSuites 55m² (6+2 beds)

Hotel Pyhätunturi (2 beds + breakfasts)

Ruka:

RukaSuites 43m² (4+2 beds)

RukaSuites 55m² (6+2 beds)

RukaVillage hotel rooms and apartments (30m²-94 m²)

Aurinkorinne 49m² (4+2 beds)

All apartments are equipped with kitchen, own sauna and free access to internet. Check-in at 6 pm, check-out at 3 pm.

Details about the accommodation: www.ski-inn.fi

MEALS

We are happy to organize meals for your team. Please find prices:

At Pyhä ski-resort, meals provided at Hotel Pyhätunturi restaurant
Glacier:

| | |
|---------------------|-----------------|
| Breakfast | 8 € / person |
| Lunch* (11am-3pm) | 10,5 € / person |
| Dinner** (5 – 7 pm) | 20,5 € / person |

*Lunch includes warm meal, salad, coffee/tea, bread and milk/juice.

**Dinner includes salad, main course and dessert, coffee/tea, bread and milk/juice.

At Ruka ski-resort, meals provided at Restaurant Piste:

| | |
|---------------------|--|
| Breakfast | 9,5 € / person (served in Colorado restaurant) |
| Lunch* (11am-3pm) | 16 € / person |
| Dinner** (5 – 7 pm) | 23 € / person |

*Lunch includes a nutritious pasta or a casserole, salad, bread and milk/juice.

** Dinner includes a salad, main course and dessert, bread and milk/juice.

Please note: all the meals should be ordered not later than 1 week before first day of the meal-plan. Send your meal plan to olga@ruka.fi, please mention that you take part in SS, SX or M competition.

METHOD OF PAYMENTS

Entry fee shall be paid to the Organizing Committee to the Race Office in cash at the time of registration.

Accommodation shall be paid in advance to sales offices of Pyhä and Ruka. Please send your accommodation request to olga@ruka.fi, and mention that you are taking part in RukaPyhä Open Cup.

RACE OFFICE AND REGISTRATION

The Race Office of Pyhä competition is placed at Pyhä ski resort. Please get instructions from Hotel Pyhätunturi reception. Team registration procedure for the **FIS Freestyle PYHA OPEN Cup** competitions will take place daily starting from the November 29th, from 18:00 pm, at the Race Office.

The Race Office of Ruka competition is placed at Ruka ski resort. It is located in RukaVillage, please get instructions from Ski-Inn reception at the RukaVillage hotel. Team registration procedure for the **FIS Freestyle**

RUKA OPEN Cup competitions will take place daily starting from the December 1st, from 18:00 pm, at the Race Office.

TEAM LEADERS' MEETING

The first Team Leaders' Meeting for PYHA events will be held on November 29th, at 19:00 at the Hotel Pyhätunturi lobby restaurant.

The first Team Leaders' Meeting for RUKA event will be held on December 2nd, at 19:00 at the Race Office (Hotel RukaVillage, ask from reception).

BIBS

All competitors must wear their bibs during all official trainings, competitions and awarding ceremonies. Each team leader will be asked for €20, - deposit per bib upon registration. Deposits will be returned after getting the bibs back.

SKI LIFT TICKETS

Competition ski-passes are to be ordered from Racing office.

AWARDING CEREMONY

Awarding ceremonies will be held right after each event at the special awarding area.

INSURANCE/LIABILITY

All athletes, officials and other members of the National Associations who attend and participate in the competitions shall do it at their own risk. The Organizing Committee, the Russian Freestyle Ski Federation and RUKA Ski Resort shall not be responsible for any losses or injuries incurred or suffered by any athlete, official or other person in conjunction with the organization or standing of the event.

Every competitor must have his/her own medical insurance. The Organizing Committee, the Russian Freestyle Ski Federation, Ruka and Pyhä Ski Resorts decline any responsibility for accidents, damaged equipment and second and third party claims during the competitions. All athletes must have previously signed the "FIS Athletes Declaration" form in order to be registered.

TRANSFER

Teams are responsible for looking after their own ground transportation from the KUUSAMO airport to RUKA Ski Resort or from ROVANIEMI airport to Pyhä Ski Resort and return. In case you need help with organizing ground transportation to Ruka or Pyhä, please contact Olga Nieminen (olga@ruka.fi).

Please provide us with your flight arrival and departure information as soon as possible.

Please NOTE:

The quickest way to get to PYHÄ ski resort is flying. Rovaniemi Airport is located a little over 100 km / 90 minutes from Pyhä. There is a bus connection to the area straight from the airport. Please visit ski.pyha.fi for more detailed information.

RUKA Ski Resort is located about 25 km north of KUUSAMO. It is possible to reach this area by plane (Kuusamo airport is only 20 km away from ski-resort) or car. Other flying options: Oulu, Rovaniemi. We can help you to organize transfers from there. There are about 157 km between Ruka and Pyhä ski resorts.

INFORMATION

The Invitation will be available on Freestyle Federation of Russia web site and RUKA Ski Resort web site from November 17th, 2012 for the latest information about RUKA, changes or fresh news and weather forecast please refer to: <http://ski.ruka.fi>

For pictures from RUKA ski resort please refer to:
<http://ski.ruka.fi>

For pictures from PYHÄ ski resort please refer to:
<http://ski.pyha.fi>

In case of any problems or inquiries please contact the Organizing Committee by e-mail or phone.

Accommodation & Meals, Ruka & Pyhä

Olga Nieminen
olga@ruka.fi

PYHA FIS FREESTYLE SS/SX OPEN CUP

**8.11.12
Wednesday**

Arrival

Ski slopes are open until 19.00

**29.11.12
Thursday**

Ski slopes are open until 19.00

19:00 Team leaders meeting (Race Office), Registration

11:00 - 16:00; 19:00-20:00 Race Office open

**30.11.12
Friday**

09:00 - 9:15 Course inspection

09:30 - 11:30 Official training

13:00 - 15:00 Official training

19:00 Team leaders' meeting (Race Office)

**01.12.12
Saturday**

08:00-10:00; 19:00-20:00 Race Office open

08:45-09:00 SS Course inspection

9:00-9:45 Official training

10:00 SS Forerunners

10:10 SS FIS Moguls race, Women / men -Elimination

12:15-12:45 Training for finalists

13:15 SS FIS Moguls race, women /men - finals

14:20 Official Ceremony; Prize giving ceremony

**02.12.12
Sunday**

08:00-10:00; 19:00-20:00 Race Office open

08:45-09:00 SX Course inspection

9:00-9:45 Official training

10:00 SX Forerunners

10:10 SX FIS Moguls race, Women / men -Elimination

12:25-12:45 Training for finalists

13:15 SX FIS Moguls race, women /men, Final heats

14:20 Official Ceremony; Prize giving ceremony

RUKA FIS FREESTYLE MOGUL OPEN CUP

**01.12.12
Saturday**

Arrival

Ski slopes are open until 19.00

**02.12.12
Sunday**

Ski slopes are open until 19.00

19:00 Team leaders meeting (Race Office), Registration

11:00 - 16:00; 19:00-20:00 Race Office open

**03.12.12
Monday**

09:00 - 9:15 Course inspection

09:30 - 11:30 Official training

13:00 - 15:00 Official training

19:00 Team leaders' meeting (Race Office)

**04.12.12
Tuesday**

08:00-10:00; 19:00-20:00 Race Office open

08:45-09:00 Mo Course inspection

9:00-9:45 Official training

10:00 Mo Forerunners

10:10 Mo FIS Moguls race, Women / men - Elimination

12:15-12:45 Training for finalists

13:15 Mo FIS Moguls race, women / men - finals

14:20 Official Ceremony; Prize giving ceremony