



**FIS Freestyle Ski World Cup Opening 2020  
Ruka, Finland**

**December 4<sup>th</sup> Aerials and 5<sup>th</sup> Moguls**

**TEAM INVITATION**

**Ski Sport Finland is pleased to invite all the teams to attend the FIS Freestyle Ski World Cup Opening in Aerials, on December 4<sup>th</sup> 2020, and in Moguls, on December 5<sup>th</sup> 2020, in Ruka Ski Resort, Finland.**

The Organizing Committee will host the event in accordance with the International Ski Competition Rules (ICR) of the International Ski Federation (FIS).

**1. ORGANIZING COMMITTEE**

Ski Sport Finland ry  
Mrs. Minna Karhu, General Secretary  
email: [minna.karhu@skisport.fi](mailto:minna.karhu@skisport.fi), tel + 358 44 0211024

Valimotie 10  
FIN – 00320 HELSINKI  
FINLAND  
General e-mail: [worldcupruka@skisport.fi](mailto:worldcupruka@skisport.fi)

**2. ENTRIES**

Entries will be accepted from National Ski Associations following FIS quotas and rules. Please submit the provisional entries (including competitors and officials) and the names of participants by **October 25<sup>th</sup> 2020** as per rule 4.2 in the Rules for the FIS Snowboard/Freestyle Ski World Cups.

The final number of your competition team (including competitors and officials) and the names of participants must be submitted to the organizing committee **no later than November 24<sup>th</sup> 2020** as per rule 4.2 in the Rules for the FIS Snowboard/Freestyle Ski World Cups.

Access to the online registration system is accessed through the FIS Homepage <http://www.fis-ski.com> / Member Section.

FIS has established nation Quotas for World Cup. National Ski Teams can only enter World Cup Ski Competitors according to the Quota limitations. Link to the Quotas:

[https://assets.fis-ski.com/image/upload/v1592471223/fis-prod/assets/WC Quotas 1920 2nd calculation MO AE SX.pdf](https://assets.fis-ski.com/image/upload/v1592471223/fis-prod/assets/WC_Quotas_1920_2nd_calculation_MO_AE_SX.pdf)

### **3. COVID-19 SITUATION**

To ensure the health and safety for everyone, the LOC is working in accordance with the National Health regulations as well as with FIS, in accordance with the FIS COVID-19 Prevention Organiser Guidelines. The corresponding arrangements related to the travel to Finland and to the event itself, are currently being put together in a separate document.

**All the Teams that need an invitation letter for visa / travel purposes, can contact Ruka Sales Office if the arrival is prior to the official competition start date 30.11.2020 and / or the departure is after the official end date 6.12.2020**

**World Cup organizer, Ski Sport Finland, may invite the Teams to the official competition period only, the period of 30.11.-6.12.2020.**

**In both cases the requests for Visa invitation letter should be sent as soon as possible.**

**To receive competition accreditation, (and to enter the FIS Snowflake) a negative Covid-19 test no older than 72 hours is required upon arrival to the competition 30.11.2020 / 2.12.2020 Test results along with whereabouts information from the past 14 days needs to be documented in FIS Covid-19 Passport.**

**More information on boarder formalities and necessary precautions due to the pandemic will be provided to all the Teams a bit later.**

All competitors must have their own medical insurance (ICR art 212) which shall cover COVID-19 medical treatment expenses.

#### **4. REGISTRATION**

Check-in, team registration, race headquarters, and team captains meetings will all be done safely, preventing physical contacts. The exact manners will be confirmed later.

Team registration / lodging check-in will happen on **Sunday 29. November for Aerials and on Wednesday, 2. of December for Moguls.**

#### **4. BIBS**

All competitors must wear bibs during all official training, competition and award ceremonies.

#### **5. ACCIDENT INSURANCE**

Each competitor must carry his/her own medical insurance. The Organizing Committee, sponsors, suppliers, Ruka Ski Resort, FIS and Ski Sport Finland assume no responsibility for accidents, damage or loss of equipment, nor second- or third-party claims during the event.

#### **6. ANTI-DOPING CONTROL**

Anti-doping control testing may be conducted in accordance with the rules and regulations set forth by FIS.

#### **7. IMPORTANT INFORMATION**

##### **Ski Resort Ruka**

Ski Resort Ruka has hosted the FIS Freestyle Ski World Cup Opening for ten years in a row. The last years have showed that Ruka has fantastic infrastructure for the event and that it is a perfect spot for early season ski training. Ruka Ski Resort has also hosted several Aerials Europa cup competitions and several Teams around the World are used to early Season training in Ruka.

For the snow conditions and training schedules, please follow our Facebook:

<https://www.facebook.com/freestyleopeningruka> and

Ruka Ski resort's web pages: <https://ski.ruka.fi/en/webcams>



Ski Sport Finland

### **Accommodation**

Accommodations with FIS rates for athletes and officials during the competition days are provided in Ruka Ski-Inn units, located in the immediate closeness of the ski area.

All accommodation reservations, before official competition time period, must be done directly to Ruka Ski Resort.

### **Team contact person for early season training at Ruka Ski Resort:**

#### **RukaBooking**

Rukakeskus Ltd  
Tel. +358 8 8600 300  
Rukatunturintie 9  
93830 RUKATUNTURI  
[sales@ruka.fi](mailto:sales@ruka.fi)

Janne Pietilä  
+358 50 307 2516  
[janne.pietila@ruka.fi](mailto:janne.pietila@ruka.fi)

## **8. SCHEDULE OF THE COMPETITIONS IN THE FOLLOWING PAGES**

<b>AE</b>		<b>2021 FIS FREESTYLE SKI WORLD CUP RUKA (FIN)</b>				<b>FS</b>
						as of 08/10/20 - ARi
<b>Monday, November 30, 2020</b>					<b>Arrival</b>	
	<b>Start</b>	<b>Finish</b>	<b>Duration</b>	<b>Event</b>	<b>Location</b>	
<b>AE</b>	12:00	-	20:00	8:00	Arrival + Aerial Team Jump Shaping	
	17:30	-	18:15	0:45	Team Captains Meeting / Medical Briefing	
<b>Tuesday, December 01, 2020</b>					<b>TRAINING</b>	
	<b>Start</b>	<b>Finish</b>	<b>Duration</b>	<b>Event</b>	<b>Location</b>	
<b>AE</b>	13:00	-	13:15	0:15	Aerial Inspection and Speed Checks	
	13:15	-	13:20	0:05	Course Preparation	
	13:20	-	15:50	2:30	Aerial Training Session Group 1	
	15:50	-	16:05	0:15	Aerial Inspection and Speed Checks	
	16:05	-	16:10	0:05	Course Preparation	
	16:10	-	18:40	2:30	Aerial Training Session Group 2	
<b>Wednesday, December 02, 2020</b>					<b>TRAINING</b>	
	<b>Start</b>	<b>Finish</b>	<b>Duration</b>	<b>Event</b>	<b>Location</b>	
<b>AE</b>	13:00	-	13:15	0:15	Aerial Inspection and Speed Checks	
	13:15	-	13:20	0:05	Course Preparation	
	13:20	-	15:50	2:30	Aerial Training Session Group 2	
	15:50	-	16:05	0:15	Aerial Inspection and Speed Checks	
	16:05	-	16:10	0:05	Course Preparation	
	16:10	-	18:40	2:30	Aerial Training Session Group 1	
<b>Thursday, December 03, 2020</b>					<b>TRAINING</b>	
	<b>Start</b>	<b>Finish</b>	<b>Duration</b>	<b>Event</b>	<b>Location</b>	
<b>AE</b>	13:00	-	13:15	0:15	Aerial Inspection and Speed Checks	
	13:15	-	13:20	0:05	Course Preparation	
	13:20	-	15:50	2:30	Aerial Training Session Group 1	
	15:50	-	16:05	0:15	Aerial Inspection and Speed Checks	
	16:05	-	16:10	0:05	Course Preparation	
	16:10	-	18:40	2:30	Aerial Training Session Group 2	
	19:00	-	19:30	0:30	Aerial Draw	
<b>Friday, December 4, 2020</b>					<b>COMPETITION</b>	
	<b>Start</b>	<b>Finish</b>	<b>Duration</b>	<b>Event</b>	<b>Location</b>	
<b>AE</b>	12:10	-	12:20	0:10	Women's Inspection and Speed Checks	
	12:20	-	13:20	1:00	Women's Aerial Training	
	13:20	-	13:30	0:10	Course Preparation and Forerunners	
	13:30	-	14:05	0:35	<b>Women's Qualifications (Q1)(25)</b>	
<b>Qual.</b>	14:05	-	14:10	0:05	Course Preparation	
	14:10	-	14:20	0:10	Men's Inspection and Speed Checks	
	14:20	-	15:50	1:30	Men's Aerial Training	
	15:50	-	16:00	0:10	Course Preparation and Forerunners	
<b>AE</b>	16:00	-	16:45	0:45	<b>Men's Qualifications (Q1)(35)</b>	
	16:45	-	17:30	0:45	Break + Ceremony Rehearsal	
	17:30	-	17:40	0:10	Ladies and Men's Aerial Finalist Speed Checks	
	17:40	-	18:40	1:00	Women's and Men's Aerial Finalist Training	
<b>AE Final</b>	18:40	-	19:00	0:20	Showcase, Course Preparation	
	19:00	-	19:18	0:18	<b>Women's Aerial Finals (F1) (12)</b>	
	19:18	-	19:36	0:18	<b>Men's Aerial Finals (F1) (12)</b>	
	19:36	-	19:39	0:03	Break	
	19:39	-	19:49	0:10	<b>Women's Aerial Finals (F2) (6)</b>	
	19:49	-	20:00	0:11	<b>Men's Aerial Finals (F2) (6)</b>	
	20:00	-	20:05	0:05	International Flash Interview (winners) English	
	20:05	-	20:10	0:05	Women's Aerial Awards	
	20:10	-	20:15	0:05	Men's Aerial Awards	
	20:15	-	20:25	0:10	Media Interviews	
<b>Departure</b>					Saturday, December 05, 2020	

**MO****2021 FIS Freestyle Ski World Cup  
RUKA (FIN)****FS**

as of 08/10/20 - ARI

<b>Wednesday, December 02, 2020</b>					<b>ARRIVAL</b>		
	<b>Start</b>	<b>Finish</b>	<b>Duration</b>	<b>Event</b>	<b>Location</b>		
<b>MO</b>	<b>17:30</b>	- <b>18:15</b>	<b>0:45</b>	<b>Mogul Medical and Team Captains Meeting</b>			
<b>Thursday, December 03, 2020</b>					<b>TRAINING</b>		
	<b>Start</b>	<b>Finish</b>	<b>Duration</b>	<b>Event</b>	<b>Location</b>		
<b>MO</b>	9:00	- 9:10	0:10	Men's Mogul Inspection			
	9:10	- 9:15	0:05	Course Preparation			
	<b>9:15</b>	- <b>9:50</b>	<b>0:35</b>	<b>Men's Mogul Training Session</b>			
	9:50	- 10:00	0:10	Course Preparation			
	<b>10:00</b>	- <b>10:35</b>	<b>0:35</b>	<b>Men's Mogul Training Session</b>			
	10:35	- 10:45	0:10	Women's Mogul Inspection			
	10:45	- 10:55	0:10	Course Preparation			
	<b>10:55</b>	- <b>11:30</b>	<b>0:35</b>	<b>Women's Mogul Training Session</b>			
	11:30	- 11:40	0:10	Course Preparation			
	<b>11:40</b>	- <b>12:15</b>	<b>0:35</b>	<b>Women's Mogul Training Session</b>			
<b>Friday, December 04, 2020</b>					<b>TRAINING</b>		
	<b>Start</b>	<b>Finish</b>	<b>Duration</b>	<b>Event</b>	<b>Location</b>		
<b>MO</b>	8:00	- 8:10	0:10	Women's Mogul Inspection			
	8:10	- 8:15	0:05	Course Preparation			
	<b>8:15</b>	- <b>9:00</b>	<b>0:45</b>	<b>Women's Mogul Training Session</b>			
	9:00	- 9:10	0:10	Course Preparation			
	<b>9:10</b>	- <b>9:55</b>	<b>0:45</b>	<b>Women's Mogul Training Session</b>			
	9:55	- 10:05	0:10	Men's Mogul Inspection			
	10:05	- 10:15	0:10	Course Preparation			
	<b>10:15</b>	- <b>11:00</b>	<b>0:45</b>	<b>Men's Mogul Training Session</b>			
	11:00	- 11:10	0:10	Course Preparation			
	<b>11:10</b>	- <b>11:55</b>	<b>0:45</b>	<b>Men's Mogul Training Session</b>			
	<b>17:30</b>	- <b>18:00</b>	<b>0:30</b>	<b>Mogul Draw</b>			
<b>Saturday, December 05, 2020</b>					<b>MOGUL COMPETITION</b>		
	<b>Start</b>	<b>Finish</b>	<b>Duration</b>	<b>Event</b>	<b>Location</b>		
<b>MO</b>	8:30	- 8:40	0:10	Women's Inspection			
	8:40	- 8:50	0:10	Course Preparation			
	8:50	- 9:30	0:40	Women's Mogul Training			
	9:30	- 9:40	0:10	Course Preparation			
	<b>9:40</b>	- <b>10:25</b>	<b>0:45</b>	<b>Women's Qualifications (Q1)(36)</b>			
	10:25	- 10:35	0:10	Break			
<b>MO</b>	<b>10:35</b>	<b>11:00</b>	<b>0:25</b>	<b>Women's Qualifications (Q2)(20)</b>			
<b>BRK</b>	11:00	- 11:30	0:30	<b>BREAK</b>			
<b>Qual.</b>	11:30	- 11:40	0:10	Men's Inspection			
	11:40	- 11:50	0:10	Course Preparation			
	11:50	- 12:30	0:40	Men's Mogul Training			
	12:30	- 12:40	0:10	Course Preparation			
	<b>12:40</b>	- <b>13:55</b>	<b>1:15</b>	<b>Men's Qualifications (Q1)(60)</b>			
	13:55	- 14:05	0:10	Break			
	<b>14:05</b>	- <b>14:30</b>	<b>0:25</b>	<b>Men's Qualifications (Q2)(20)</b>			
<b>BRK</b>	<b>14:30</b>	- <b>14:55</b>	<b>0:25</b>	<b>Break</b>			
<b>MO</b>	14:55	- 15:05	0:10	Women's and Men's Mogul Finalist Inspection			
	15:05	- 15:15	0:10	Break			
	15:15	- 15:45	0:30	Women's and Men's Mogul Finalist Training			
	15:45	- 16:00	0:15	Break			
	<b>16:00</b>	- <b>16:25</b>	<b>0:25</b>	<b>Women's Mogul Finals (F1) (16)</b>			
	<b>16:25</b>	- <b>16:49</b>	<b>0:24</b>	<b>Men's Mogul Finals (F1) (16)</b>			
	<b>Final</b>	16:49	- 16:52	0:03	Break		
		<b>16:52</b>	- <b>17:03</b>	<b>0:11</b>	<b>Women's Mogul Finals (F2) (6)</b>		
		<b>17:03</b>	- <b>17:14</b>	<b>0:11</b>	<b>Men's Mogul Finals (F2) (6)</b>		
		17:14	- 17:19	0:05	Finish Area Awards Preparation		
		17:19	- 17:24	0:05	Women's Mogul Awards		
		17:24	- 17:29	0:05	Men's Mogul Awards		
17:29	- 17:39	0:10	FIS Podium Interviews				

Departure

Sunday, December 06, 2020