

FIS Freestyle Ski World Cup Opening 2022
Ruka, Finland

December 3rd Mogul World Cup and
December 4th Aerial World Cup

TEAM INVITATION

Ski Sport Finland is pleased to invite all Freestyle Nations to attend the FIS Freestyle Ski World Cup Opening in Moguls, on December 1.-3. 2022, and in Aerials, on December 2.-4.2022, at Ruka Ski Resort, Finland.

The Organizing Committee will host the event in accordance with the International Ski Competition Rules (ICR) and the World Cup rules 2022/23 of the International Ski Federation (FIS). All National ski Associations affiliated with FIS are invited to compete.

ORGANIZING COMMITTEE

Ski Sport Finland ry
Mrs. Minna Karhu, General Secretary
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Valimotie 10
FIN – 00320 HELSINKI
FINLAND
General e-mail : worldcupruka@skisport.fi



ENTRIES

Entries will be accepted from National Ski Associations following FIS quotas and rules.

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

All quotas and entries are according to the FIS Freestyle Ski World Cup Rules 2022/23. Only those competitors who are entered by National Associations are eligible and the number of participants is limited under current World Cup quotas.

Provisional Entries:

Sunday 24. October 2022

Each National Association must inform the Organizers about the expected total number of team members (Names, FIS Codes and Gender, team officials) arrival and departure dates. This needs to be done using the "Competition Online Entry System".

Final Entries:

Tuesday 23. November 2022

No later than 10 days before the competition day the NSA must inform the OC of its final entries (Names, FIS Code and Gender) with their arrival and departure dates. Teams or persons who register after the deadline will not be eligible for FIS rates.



ACCOMODATION

Accommodation, with FIS rate of 20 CHF with no meals, for athletes and officials during the competition days is provided in Ruka Ski-Inn units, located in the immediate closeness of the ski area.

All accommodation reservations must be done directly to Ruka Ski Resort.

Contact information for early season training and accommodation during the competition at Ruka Ski Resort:

Ruka Booking

Rukakeskus Ltd
Tel. +358 8 8600 300
Rukatunturintie 9
93830 RUKATUNTURI
sales@ruka.fi

Each Team will pay all their accommodation expenses upon arrival, directly to Ruka Ski Resort.

RACE OFFICE, ACCREDITATION AND SKI PASSES

Race Office is located in Ruka Congress Center, bottom floor.

Race office opens on the arrival day at 10:00. Team Captains will receive accreditations and ski passes from the race office.

Team Captain Meetings

Team Captain Meetings will be held online.



BIBS

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

ANTI-DOPING CONTROL

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

PRIZE MONEY

Prize money will be transferred to the athlete's account electronically (NO need to visit the race office for that).

Each NSA is responsible in filling the athletes bank account information to the FIS database, using the Athlete Registration module in the FIS Member Section. Note that a withholding tax will be retained as per Finnish Income Tax Law. The organizing Committee might need a copy of the athlete's passport due to Finnish Law, the athletes will be contacted by the address they have listed in the FIS Prize money system.

Prize money breakdown for the MO and AE per gender, according to FIS World Cup Rules 3.5.1.

Place	Amount CHF	% of Total
1st place	CHF 12,375	45.00%
2nd place	CHF 6,462	23.50%
3rd place	CHF 3,438	12.50%
4th place	CHF 1,650	6.00%
5th place	CHF 825	3.00%
6th place	CHF 688	2.50%
7th place	CHF 619	2.25%
8th place	CHF 550	2.00%
9th place	CHF 481	1.75%
10th place	CHF 412	1.50%
Total	CHF 27,500	100.00%



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.

IMPORTANT INFORMATION

Ski Resort Ruka

Ski Resort Ruka has hosted the FIS Freestyle Ski World Cup Opening for several years. The years have showed, that Ruka has fantastic infrastructure for the event and that it is a perfect spot for early season ski training.

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

<https://www.freestyleopening.fi/>

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

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

Ruka Gym webpages: <https://rukagym.fi/in-english/>

WELCOME TO RUKA AND FINLAND!



RUKA!
SKI RESORT

MO**2023 FIS Freestyle Ski World Cup
RUKA (FIN)****FS**

as of 05/10/22 - ARi

Wednesday, November 30, 2022**ARRIVAL**

	Start	Finish	Duration	Event	Location
MTG	18:00	- 18:30	0:30	Mogul Medical and Team Captains Meeting	Online

Thursday, December 01, 2022**TRAINING**

	Start	Finish	Duration	Event	Location
MO	12:30	- 12:50	0:20	Men's Mogul Inspection	
	12:50	- 12:55	0:05	Course Preparation	
	12:55	- 13:40	0:45	Men's Mogul Training Session	
	13:40	- 13:50	0:10	Course Preparation	
	13:50	- 14:35	0:45	Men's Mogul Training Session	
	14:35	- 14:55	0:20	Women's Mogul Inspection	
	14:55	- 15:05	0:10	Course Preparation	
	15:05	- 15:50	0:45	Women's Mogul Training Session	
	15:50	- 16:00	0:10	Course Preparation	
	16:00	- 16:45	0:45	Women's Mogul Training Session	
MTG	16:45	- 16:55	0:10	Mogul Course Review	Finish Area

Friday, December 02, 2022**TRAINING**

	Start	Finish	Duration	Event	Location
MO	8:30	- 8:50	0:20	Women's Mogul Inspection	
	8:50	- 8:55	0:05	Course Preparation	
	8:55	- 9:40	0:45	Women's Mogul Training Session	
	9:40	- 9:50	0:10	Course Preparation	
	9:50	- 10:35	0:45	Women's Mogul Training Session	
	10:35	- 10:55	0:20	Men's Mogul Inspection	
	10:55	- 11:05	0:10	Course Preparation	
	11:05	- 11:50	0:45	Men's Mogul Training Session	
	11:50	- 12:00	0:10	Course Preparation	
	12:00	- 12:45	0:45	Men's Mogul Training Session	
MTG	18:00	- 18:30	0:30	Mogul Draw	Online

Saturday, December 03, 2022**MOGUL COMPETITION**

	Start	Finish	Duration	Event	Location
MO	9:45	10:00	0:15	Women's Inspection	
	10:00	10:10	0:10	Course Preparation	
	10:10	10:50	0:40	Women's Mogul Training	
	10:50	11:00	0:10	Course Preparation	
	11:00	12:15	1:15	Women's Qualifications (Q1) (50)	
BRK	12:15	12:30	0:15	Break	
Qual.	12:30	12:45	0:15	Men's Inspection	
	12:45	12:55	0:10	Course Preparation	
	12:55	13:35	0:40	Men's Mogul Training	
	13:35	13:45	0:10	Course Preparation	
	13:45	15:00	1:15	Men's Qualifications (Q1) (50)	
BRK	15:00	15:25	0:25	Break	
MO Final	15:25	15:35	0:10	Women's and Men's Mogul Finalist Inspection	
	15:35	15:45	0:10	Break	
	15:45	16:15	0:30	Women's and Men's Mogul Finalist Training	
	16:15	16:30	0:15	Break	
	16:30	- 16:55	0:25	Women's Mogul Finals (F1) (16)	
	16:55	- 17:19	0:24	Men's Mogul Finals (F1) (16)	
	17:19	17:22	0:03	Break	
	17:22	- 17:33	0:11	Women's Mogul Finals (F2) (6)	
	17:33	- 17:44	0:11	Men's Mogul Finals (F2) (6)	
	17:44	17:49	0:05	Finish Area Awards Preparation	
	17:49	17:54	0:05	Women's Mogul Awards	
	17:54	17:59	0:05	Men's Mogul Awards	
	17:59	18:09	0:10	FIS Podium Interviews	

Departure

Sunday, December 04, 2022

AE		2023 FIS FREESTYLE SKI WORLD CUP RUKA (FIN)				FS	
						as of 05/10/22 - ARI	
		Thursday, December 01, 2022				Arrival	
	Start	Finish	Duration	Event	Location		
AE	12:00	-	20:00	8:00	Arrival + Aerial Team Jump Shaping		
	18:00	-	18:30	0:30	Team Captains Meeting / Medical Briefing Online		
		Friday, December 02, 2022				TRAINING	
	Start	Finish	Duration	Event	Location		
AE	13:00	-	13:15	0:15	Aerial Inspection and Speed Checks		
	13:15	-	13:20	0:05	Course Preparation		
	13:20	-	16:00	2:40	Aerial Training Session Group 1		
	16:00	-	16:15	0:15	Aerial Inspection and Speed Checks		
	16:15	-	16:20	0:05	Course Preparation		
	16:20	-	19:00	2:40	Aerial Training Session Group 2		
		Saturday, December 03, 2022				TRAINING	
	Start	Finish	Duration	Event	Location		
AE	8:00	-	8:15	0:15	Aerial Inspection and Speed Checks		
	8:15	-	8:20	0:05	Course Preparation		
	8:20	-	11:00	2:40	Aerial Training Session Group 2		
	11:00	-	11:15	0:15	Aerial Inspection and Speed Checks		
	11:15	-	11:20	0:05	Course Preparation		
	11:20	-	14:00	2:40	Aerial Training Session Group 1		
TMC	18:00	-	18:30	0:30	Aerial Draw Online		
		Sunday, December 04, 2022				AERIAL COMPETITION	
	Start	Finish	Duration	Event	Location		
AE	9:00	-	9:10	0:10	Women's Inspection and Speed Checks		
	9:10	-	10:30	1:20	Women's Aerial Training		
	10:30	-	10:40	0:10	Course Preparation and Forerunners		
	10:40	-	11:30	0:50	Women's Qualifications (Q1)(40)		
Qual.	11:30	-	11:35	0:05	Course Preparation		
	11:35	-	11:45	0:10	Men's Inspection and Speed Checks		
	11:45	-	13:15	1:30	Men's Aerial Training		
	13:15	-	13:25	0:10	Course Preparation and Forerunners		
BRK	13:25	-	14:15	0:50	Men's Qualifications (Q1)(40)		
AE Final	14:15	-	14:30	0:15	Break		
	14:30	-	14:40	0:10	Ladies and Men's Aerial Finalist Speed Checks		
	14:40	-	15:40	1:00	Women's and Men's Aerial Finalist Training		
	15:40	-	16:00	0:20	Course Preparation		
	16:00	-	16:18	0:18	Women's Aerial Finals (F1) (12)		
	16:18	-	16:36	0:18	Men's Aerial Finals (F1) (12)		
	16:36	-	16:39	0:03	Break		
	16:39	-	16:49	0:10	Women's Aerial Finals (F2) (6)		
	16:49	-	17:00	0:11	Men's Aerial Finals (F2) (6)		
	17:00	-	17:05	0:05	International Flash Interview (winners) English		
	17:05	-	17:10	0:05	Women's Aerial Awards		
17:10	-	17:15	0:05	Men's Aerial Awards			
17:15	-	17:25	0:10	Media Interviews			
Departure		Monday, December 05, 2022					