



**2023 FIS FREESTYLE SKI NORAM CUP
MOGUL AND DUAL MOGUL EVENTS
VAL ST-CÔME
MARCH 3- 4, 2023
Hosted by: CEAVSC**

Welcome Dear Athletes, Coaches, Officials and Parents

On behalf of the Centre d'excellence acrobatique Val St-Côme and the Organizing Committee for the **2023 FIS FREESTYLE SKI NORAM CUP**, it is our pleasure to invite you to Val St-Côme in the municipality of Saint-Côme, Québec, Canada on March 3rd and 4th, 2023.

Following are the event details and registration information.

We look forward to your attendance and wish you the best of luck!

Best Regards,

The Organizing Committee



In accordance with the FIS Freestyle Ski Competition Rules (ICR-23.), the FIS Freestyle Ski World Cup Rules (where applicable) and the FIS Freestyle Ski Continental Cup Rules.

Freestyle Canada (FC) and Le Centre d'Excellence Acrobatique VSC are pleased to invite eligible athletes to the **2023 FIS FREESTYLE SKI NORAM CUP** that will be held at Val St-Côme in the municipality of Saint-Côme, Québec, Canada **March 3rd-4th, 2023**. The event is sanctioned by FIS and Freestyle Canada - operated by the Centre d'excellence acrobatique Val St-Côme (CEAVSC) in conjunction with Val St-Côme.

Competition Rules Links:

[FIS Freestyle Ski Competition Rules - ICR-23](#)

[FIS Freestyle Ski World Cup Rules](#) - Where Applicable

[FIS Freestyle Ski Continental Cup Rules](#)

[FIS Freestyle Ski Judges Guidelines and Handbook](#)

The Competition comprises 2 events Moguls and Dual Moguls. Operating Schedule:

TUE February 28th, 2023 REGISTRATION

– 18:00-20:00 Centre d'excellence Acrobatique Val St-Côme, Alphonse Desjardins building

WED March 1st, 2023 MOGULS (MO) - TRAINING

THU March 2nd, 2023 MOGULS (MO) - TRAINING

FRI March 3rd, 2023 SINGLE MOGULS (MO) – QUALIFICATIONS AND FINAL

SAT March 4th, 2023 DUAL MOGULS (DM)

Please refer to the attached detailed schedule. Schedules are subjected to change by organizing committee and/or jury.

Location:

<https://www.valsaintcome.com/en/contact-us>



Registration –

- Entry fees:
 - 180CAD - Moguls
 - 180CAD - Dual Moguls
- Participants must register and make payments online using this link: <https://snowreg.com/#!/events/val-st-come-noram-modm>
- Registration closes February 16th 2023, at 18:00 PST.
- Athletes must have current FIS registration and provide verification
- Coaches and/or Team Leaders must provide a TEAM LIST (form on last page) to include all attending coaches, technical support and athletes to the organizing committee charles@freestylecanada.ski and to Freestyle Canada david@freestylecanada.ski by Friday February 17th at 6 p.m. Pacific Standard Time.

Field Size

Moguls : Maximum athletes to register as per FIS NORAM rules. The table below describes in detail the distribution:

	MO/DM	
	F	M
Canada	25	25
USA	25	25
Host country	Up to remaining total field size	
Foreign Athletes	15	15
Total	130	

Unused spots (max 75%) will be transferred to the other gender.



Single mogul format (MO) – Mogul Course

Qualifications: single run

Final: Single run. Top 16 athletes of each gender taken from Qualifications

Super Final: Single run. Top 6 athletes of each gender taken from Final

Dual Moguls Format (DM) – Mogul Course

Final: Dual format seeded in accordance with ICR 4310.1

Officials

Chief of Competition Daniel Thibault

Head Judge Réal Robichaud

Technical delegate Craig Matthews

Chief of Scoring Rebecca D'Arcy

Organizing committee

Organizing committee contact

Charles-Antoine Morache:

charles@freestylecanada.ski 1-450-806-3711

Licences

Canadian Athletes are required to have a **Can Free 4 FIS License**.

International Athletes must have an active FIS license.

Competition office – The competition office will be located in the Alphonse



Desjardins building right at the bottom of the mogul run. **ALL Participants must check in** and register on-site to confirm participation in the event and to pick up competition bibs.

Bibs: \$20.00 CAD cash bib deposit is required at registration. Bibs must be returned at the end of course or to the race office, in good condition. If a bib is lost or forgotten there will be an additional \$20 CAD deposit. It is important that your bib number matches your event registration for judging and scoring, if you need to replace your bib please ensure the on-site registration staff updates your entry information. Bibs **must** be worn properly for all on site training, for the competitions and for awards ceremonies. Please note there is only one cash machine at the resort and it can be unreliable.

Athlete Bio:

To be completed upon check in at the registration office. Announcers will use this information when introducing each competitor.

Lift Tickets

- Athletes must purchase tickets from the resort ticket booth
- Athletes must show/wear bib when purchasing tickets for discount
- MC/Visa accepted for lift ticket purchase
- Ticket office opens daily at 8 a.m.

Discounted tickets as follows:

	Athletes	Coaches
Daily	31,99 \$	Free
Total 4 days	127,96 \$	Free

Please note Lift Tickets are discounted based on daily rates.

Complimentary lift tickets for coaching staff, judges and officials are available at the competition office each day.



Accommodation – Teams are responsible for booking and paying directly for their own accommodations. Please check the terms of cancellation before confirming your reservation. The Auberge Val St-Côme is our preferred partner. Please check with the Auberge for room rates, occupancy conditions and special team dinner rates. We advise that you book early.

200 Rue de l'Auberge
Saint--Côme, Québec
J0K 2B0
(450) 883--0701

Please visit <http://lanaudiere.ca/en/accommodation-lanaudiere/> for other accommodations in the Saint-Côme area.

Scoring and Results:

Start lists will be computer generated. Scoring will be done by FREESTYLE SOLUTIONS Live link will be shared at Team Captains meetings

Statement of Liability:

All athletes, officials and other members of their National Association who attend and participate in the event shall do so at their own risk. Centre d'Excellence Acrobatique Val St-Côme (organizing committee), Val Saint-Côme, the Canadian Freestyle Ski Association, Canadian Snowsports Association, sponsors and suppliers, their agents, employees and volunteers shall not be held responsible for any losses or injuries incurred or suffered by any athlete, official or other person in conjunction with the organization or staging of the event. All participants are urged not to be negligent in safeguarding their personal belongings at all times. The aforementioned parties will take no responsibility for missing belongings.

Accident Insurance:



Every competitor must have his/her own medical insurance in accordance with FIS ICR Rule 204.2. The Organizing Committee, Sponsors, Suppliers, Val Saint-Côme, the Canadian Freestyle Ski Association, Canadian Snowsports Association and the FIS decline any responsibility for accidents, damaged equipment and second and third party claims during the event.

Accident Protocol:

In the case of accidents on courses during the event, medical personnel from the Organizing Committee and Ski Patrol personnel will be responsible for any medical decision or evacuation to the local hospital in cooperation with the National Associations' medical personnel identified on the entry form.

Statement of Medical Plan:

Copies of the Event Medical Plan are available at the Race Office or upon request.

IMPORTANT NOTICE

Please note that there will be **ZERO TOLERANCE** for any offensive language or behaviour during the event. Any damages or disruption to hotel, facilities or other property related to this event will result in the offender(s) being immediately removed from the event

TEAM ENTRY FORM



OFFICIALS / OFFICIELS / OFFIZIELLE

Surname Nom de famille Familiennamen	First Name Prénom Vorname	Function Genre Geschlecht	Arrival Arrivée Anreise	Departure Départ Abreise

Place, Date Lieu, Date Ort, Datum	Signature: Signature: Unterschrift:
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Entry form rooming.doc/16.06.2020

