

WELCOME!

Dear Athletes & Coaches,

Please join us in Palisades Tahoe for the 2025 Toyota U.S. Freestyle National Championships.

This competition will be held from March 27th – 30th on the famous Red Dog run. The End of Season Banquet will be held on Sunday March 30th. Tickets will be sold on SkiReg.

In this invitation, you will find: registration information, the event schedule, travel & lodging recommendations, and other pertinent information for these championships.

We are excited to partner with Palisades Tahoe Ski Resort and Olympic Valley Freestyle Team to bring you the Toyota U. S. Freestyle National Championships. Good luck to everyone!

Sincerely,
U.S. Ski & Snowboard



REGISTRATION

ENTRY - \$325 (SINGLES + DUALS)

OPENS: MARCH 12, 2025

CLOSES: MARCH 23, 2025

REGISTER: [HERE](#)

FOREIGN ENTRY DEADLINE: FEBRUARY 18, 2025.

Email Lauren Benhoff at Freestyle@usskiandsnowboard.org to submit entry.

Please note:

Foreign Inscriptions will be considered on a first come first serve basis.

A maximum of 10 competitors per gender will be accepted for the start.

If there are more than 10 applicants to start, then athletes will be selected based off of their current FIS point ranking as of February 18th.

National Teams will be notified of the official event entry by February 18th.

If any competitor drops, the list will be adjusted as needed to reflect the top 10 competitors per gender.

ALL ATHLETES & COACHES MUST REGISTER FOR ATHLETE ACCREDITATION (BIBS + LIFT PASS)

LIFT TICKETS

DISCOUNT LIFT TICKETS: [HERE](#)

\$69 YOUTH LIFT TICKETS 13-16 YEARS OLD, \$42 CHILD TICKET, SPECTATOR / ADULT TICKET \$129.00

DISCOUNT DATES: MARCH 21- MARCH 30, 2025

ALL LIFT TICKETS MUST BE PURCHASED BY MARCH 27, 2025 AT 11:59PM. PRE-PURCHASED TICKETS CAN BE PICKED UP AT THE MAIN TICKETING WINDOW OPEN AT 7:30 AM. STARTING ON MARCH 21ST.

NO WALK-UP LIFT TICKETS CAN BE PURCHASED AT THE WINDOW. TICKETS CAN BE PRINTED OUT IN THE KIOSK IN FRONT OF TICKET OFFICE.

SIGN RESORT WAIVER: [HERE](#)



CHECK-IN & LODGING

REGISTRATION HOURS:

March 24th (3pm - 7pm) & March 25th (8am - 1pm)

All athletes & coaches must check in prior to the start of practice

LOCATION: Base Camp
Conference Room

Rental Car:

Please use our
partner Enterprise to
book your vehicle.
Enter the following
discount code at
check out: **xz47r20**

DISCOUNT LODGING:

The Village at Palisades Tahoe (800-403-0206)

Special Rate: [CLICK HERE](#)

Granlibakken Tahoe (530-583-4242)

www.granlibakken.com

Special Rate: [CLICK HERE](#)

Hampton Inn & Suites Tahoe (530-587-1197)

hamptoninntruckee.com

Special rate \$199 Sunday–Thursday, \$299 Friday–Saturday

Parking:

Remember to make your parking reservation!
**FREE parking reservations will be available each Tuesday at
12pm and 7pm for the following weekend.**

[Click HERE](#)



EVENT PROGRAM



DATE:	EVENT:
March 24th, 2025	Athlete Arrival & Check In
March 25th, 2025	Athlete Arrival & Practice Day 1
March 26th, 2025	Practice Day 2
March 27th, 2025	Women's Mogul Qualifier Competition
March 28th, 2025	Men's Mogul Qualifier Competition
March 29th, 2025	Women's & Men's Mogul Competition Finals
March 30th, 2025	Women's & Men's Dual Mogul Competition

[*DOWNLOAD THE EVENT PROGRAM HERE*](#)

Competition will be held on Red Dog Run



COMPETITION RULES & EVENT FORMAT

RRun Orders

Moguls

- Q1(N) - Random Start Order. Top 8 move to F1 in positions 17-24.
- Q2 (N-8) - Same Start Order as Q1. Top 8 Best of Q1+Q2 move to F1 in positions 25-32.
- F1*(32)
- F2(16)
- F3(6)

[Read more about this format change here.](#)

Dual Moguls

- Duals from the start
- Top 40 Women and Top 40 Men based on the Overall Final Results of the Mogul event of the Same Program.

Please note:

- FIS Freestyle Membership / License Required (U.S. Freestyle National Championships Events are sanctioned by FIS)
- All U.S. competitors must have a U.S. Ski & Snowboard competitor membership and a FIS Freestyle license

Freestyle Continental Cup Rules

Freestyle World Cup Rules

Freestyle International Rules FIS ICR

Freestyle Fudges Handbook



ATHLETE SAFETY



SafeSport:

U.S. Ski & Snowboard works to provide a safe environment in which athletes can train and compete, free from abuse and inappropriate behavior. Please review U.S. Ski & Snowboard's [Athlete Safety policies](#), the [SafeSport Code](#), and the [Minor Athlete Abuse Prevention Policies \(MAAPP\)](#).

If you are an athlete who has experienced inappropriate behavior or know of an athlete who has experienced inappropriate behavior, please report to the U.S. Center of SafeSport [HERE](#) or U.S. Ski & Snowboard [HERE](#). All adult participants are mandatory reporters. Reporting violations may be made anonymously and there are no fees for reporting. We all are part of promoting a culture of safety through education, listening, and speaking up.

For reporting requirements and links to reporting, please use the QR Code below.



Anti-Doping:

U.S. Ski & Snowboard, as the NGB for Olympic skiing and snowboarding, is required by the IOC, USOPC, and FIS to comply with the anti-doping rules and regulations established internationally by the World Anti-Doping Agency (WADA) in its code for eligibility in these sports. For more information please use this [LINK](#). (Athletes must be 13 years old).

