

Tahoe Junior Freeride Series 2018-2019 Handbook



Since 2007
Celebrating 12 Years

Presented by Tahoe Freeride
Sanctioned by IFSA





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2019 Tahoe Junior Freeride Series Handbook

2019 Updates Approved November 7, 2019

In cases where regulations are not addressed by the Tahoe Junior Freeride Series Rules, The IFSA Handbook will be consulted and interpreted by the competition jury as needed.

I About

1. Who We Are

The Tahoe Junior Freeride Series (TJFS) is a fun and challenging freeride competition series that consists of four big mountain freeride competitions for kids 12-18 years old. The TJFS was established as a fun competition series for junior ski and snowboard athletes in the Tahoe region. The series draws athletes and families from the extended ski community in Truckee, North Lake Tahoe, South Shore Tahoe, the Bay Area, Yosemite, Mammoth, Kirkwood and Reno.

The Tahoe Junior Freeride Series originated in 2007 as a friendly big mountain competition between Squaw Valley and Sugar Bowl ski teams. It has grown into a four stop regional series that boasts over 270 competitors. Competitors can earn points from TJFS comps toward national IFSA ranking. TJFS is a 501(c)3 nonprofit organization.

2. Tahoe Junior Freeride Series Mission

Tahoe Freeride is committed to providing a competitive environment that is friendly, supportive and builds a healthy community on and off the venue. The competitions foster growth opportunities for athletes:

- to participate in a healthy, supportive and competitive community.
- to strive to be the best they can be within their physical ability.
- to make healthy decisions
- to gain resilience in the face of failure and humility in the face of success.
- to have fun.

TJFS |Tahoe Freeride will make decisions about the junior series and the adult events that address the interests and needs of all athletes from the first time competitor to the world champion.



3. History

- A. **The Story:** The Tahoe Junior Freeride Series originated in 2007 as a friendly big mountain competition between Squaw Valley and Sugar Bowl ski teams. It has grown into a four stop regional series that boasts over 270 competitors and includes 17 ski and snowboard teams. Competitors can earn points from TJFS comps toward national IFSA ranking.
- B. **The Creators:** The TJFS was conceived and created by Sean Carey and Eric DesLauriers. As the head coaches of Sugar Bowl Freeride and the Squaw Big Mountain Team, they saw growing interest in the sport and a need for additional junior events. Eric and Sean continue to hold TJFS board positions.
- C. **The Non Profit 501(c)3 Founders:** Cathy Howard and Trevor Tanhoff
- D. **The Founding Board of Directors:** The founding members of the TJFS Board of Directors are: Sean Carey, Eric Deslauriers, Cathy Howard, Trevor Tanhoff, Jacques Fix, Wes Pyatt, and Jason Dobbs.



II TJFS Athlete Membership Requirements

1. Eligibility for TJFS Membership

- A. Current 2018-2019 IFSA Membership License
 - i. It is required to have an IFSA number to participate in the TJFS.
 - ii. To become an IFSA member, go to the [IFSA Website-Membership Page](#)
- B. Type of Athlete
 - i. **Current TJFS Athlete on a participating TJFS team:**
 - a. Ski Teams: Alpine Big Mountain, Auburn Ski Club, Heavenly Competition Teams, Homewood Teams, Kirkwood Freeride, Mammoth Mountain Ski Team, Mount Rose Ski Team, Squaw Free, Squaw Valley Big Mountain Team, Sierra-at-Tahoe, Sugar Bowl Freeride and Academy, Yosemite Winter Club.
 - b. Snowboard Teams: Squaw Valley Alpine Meadows Snowboard Team, Auburn Ski Club, Sugar Bowl Snowboard Team, Kirkwood Freeride, Mammoth, NorthStar.
 - ii. **Out of Region Athletes:**
 - a. are required to be a TJFS member.
 - b. are required to attend the comp with an IFSA Certified Coach.
 - c. Out of region coaches are required to meet TJFS Coach Requirements (See section V)
 - d. Out of region athletes are required to have his/her IFSA certified coach present at the competition.
 - iii. **Independent Athletes** are accepted under the following parameters:
 - a. Holds a current season IFSA membership license.
 - b. Holds a current season TJFS membership license.
 - c. Attends the comp with an IFSA Certified Coach.
 - d. Coaches for Independent Athletes are required to meet TJFS Coach Requirements (See section V)
 - e. Independent athletes are only allowed to compete when their IFSA certified coach is present.
- C. If you register for TJFS events and are ineligible to compete in the TJFS regional series you will forfeit your registration fee for TJFS membership and the event. Please contact info@tahoefreeride.org if you have questions about your eligibility.

2. Registration steps for TJFS Athlete Membership

- A. *Gather* the following necessary documents for membership and have the documents with you when you register:
 - i. 2018-2019 IFSA Membership number
 - ii. Current Health Insurance information (carrier name, policy number).
 - iii. Credit card



- B. Register: <https://www.tahoefreeride.org/2019-tjfs-athlete-membership.html>
- i. **TJFS Membership:** The TJFS membership fee is \$95 (opens November 1, 2018). The membership fee covers bibs/stickers, the series T-shirt, production/operational costs, venue management and more.
 - ii. **Single Use TJFS Membership:** If you plan to compete in only one competition this season (i.e. out of region athlete) TJFS will give you a one time use coupon code for a \$50 discount on your membership. In order to receive this discount contact info@tahoefreeride.org before registering for membership.
 - The single use membership is intended for first time competitors that want to experience a freeride competition for the first time.
 - This discount is not intended for first time 12 year old athletes that intend to compete in the entire series.
 - The single use membership is available for out of region athletes who will compete in only one TJFS event.
 - iii. **Upgrade to Full TJFS Membership:** If you purchase a Single Use Membership and then decide you want to compete in another event in the series, please contact info@tahoefreeride.org to upgrade your membership for the additional \$50 + \$5 processing fee.

3. Release of Liability Waivers

- A. Your membership is not complete until you sign each of the following waivers on Smart Waiver. The link to these waivers is in your TJFS Membership confirmation email and on the TJFS website. Waivers for TJFS are collected electronically online.
- i. TJFS ROL (signed in SmartWaiver)
 - ii. Heads Up Concussion Awareness Document (signed in RegFox)
 - iii. TJFS Athlete Contract (signed in RegFox)

4. Refund Policy

- A. TJFS Membership is non refundable.

III TJFS Non-Athlete Membership Registration

1. Registration Steps for TJFS Non-Athlete Membership

All participants in TJFS events (Coaches, Volunteers, and Staff) must register for TJFS Membership prior to the first event. There is not a fee for non-athlete memberships.

*Coaches please see [Section V TJFS Coach Requirements](#) before registering

- A. *Gather* the necessary documents for membership and have the documents with you when you register:
- i. Coaches, Volunteers, and Staff:
 - a. Current Health Insurance information (carrier name, policy number)



- ii. Coaches:
 - a. Current Health Insurance information (carrier name, policy number)
 - b. 2018-2019 IFSA Level 100 Coach Membership number
 - c. Heads Up Concussion Coach Certification--Upload a PDF of your certificate of completion.
- B. Go to <https://www.tahoefreeride.org/2019-tjfs-non-athlete-membership.html> to register

2. Release of Liability Waivers

- A. Your membership is not complete until you sign each of the following waivers on Smart Waiver. The link to these waivers is in your TJFS Membership confirmation email.
 - i. TJFS ROL
 - ii. IFSA ROL
 - iii. ALL Mountain waivers, even if you do not plan on being present at every mountain.
 - Sugar Bowl ROL
 - Squaw|Alpine ROL
 - Kirkwood ROL
 - Mt Rose ROL

IV TJFS Event Registration Requirements

1. Eligibility for TJFS Event Registration

- A. Current 2018-2019 IFSA Membership License (if you have not yet registered for 2019 IFSA Membership see Section II.1.A above)
- B. Current 2018-2019 TJFS Membership License (if you have not yet registered for 2019 TJFS Membership see Section II.2. above)

2. Register for TJFS Event

- A. Registration opening dates can be found on the website and in section IV 4 of the handbook.
- B. *Gather* the following necessary documents for event registration and have the documents with you when you register:
 - i. 2018-2019 TJFS Membership number (found in TJFS Membership confirmation email).
 - ii. 2018-2019 IFSA Membership number
 - iii. Current Health Insurance information (carrier name, policy number)
 - iv. Credit card



- C. Register: <https://www.tahoefreeride.org/event-schedule-2019.html>
- D. Event Fees are published on the event registration page.

3. Release of Liability Waivers

- A. Your registration is not complete until you sign each of the following waivers in Smart Waiver. The link to these waivers is in your TJFS Event Registration confirmation email.
 - i. IFSA ROL waiver
 - ii. Mountain ROL waiver
- B. Kirkwood events will have one waiver for IFSA/Vail/TJFS

4. 2019 TJFS Event Registration Schedule

- A. Schedule:

Prep Day	Comp Days	Event Title	Registration Opens	Registration Closes	Last day for Refund
Jan 11	January 12-13	Stop 1 TJFS Sugar Bowl	Dec 18	Jan 9	Jan 2
Feb 1	February 2-3	Stop 2 TJFS Kirkwood	Jan 8	Jan 30	Jan 23
Feb 8	February 9-10	Stop 3 TJFS Mt Rose	Jan 15	Feb 6	Jan 30
Feb 28	March 1-3	Stop 4 TJFS Championships Squaw Alpine	Feb 5	Feb 27	Feb 20

- B. Registration will open the Tuesday 3 weeks prior to the first day of competition for each event unless unforeseen conflicts arise. Both parent and athlete should be present during registration.
- C. Registration will close at midnight on the Wednesday before the first day of competition.
- D. To view specific TJFS event information, go to: <https://www.tahoefreeride.org/event-schedule-2019.html>

5. Refund and Cancellation Policy

- A. Refunds will be issued up until midnight 10 days before the first day of competition. There is a \$45 processing fee. After that date refunds will not be issued.
- B. After the Wednesday 10 days before the first day of competition, there will be no refunds, unless due to injury. A doctor’s note is required.
- C. There is a \$45 processing fee for all refunds including injury.
- D. Due to event cancellation, refunds will be issued minus \$45 processing fee.
- E. In the instance of a rescheduled event, registration fee goes toward the rescheduled date if it is at the same mountain. If you can’t make the rescheduled date you will be issued a refund minus the \$45 processing fee. The request must be made 7 days prior to the first day of competition for that event.
- F. If your division is not able to compete you will be issued a refund minus \$45



- processing fee.
- G. There will be no refunds to any athlete given the opportunity to take at least one run.
 - H. If the competition goes to a one day event due to weather or hazardous conditions there are no refunds. The Competition Jury and the Technical Director make the decision to cancel.
 - I. If a competitor chooses to compete only one day of the three day competition, the fee still stands at the three day price.
 - J. The TJFS Membership is non refundable.

V TJFS Coach Requirements

1. Eligibility:

All coaches (TJFS coaches, individual athlete coaches, and out of region athlete coaches) need to fulfill the following four (4) requirements in order to access the venue at TJFS events.

- A. Current IFSA Level 100 or 200 Coach Certification
- B. Current IFSA Membership: Coaches must present their IFSA Coach Membership number to receive the complimentary tickets (when provided by the mountain). Not all mountains guarantee complimentary tickets.
- C. HEADS UP Concussion Coach Training-On Line course with certificate <https://www.cdc.gov/headsup/youthsports/training/index.html>
- D. TJFS Non-Athlete Membership (See Section III TJFS Non-Athlete Membership Requirements)

2. Annual Coaches Meeting

There is an annual mandatory coaches' meeting the first Wednesday in December. Team Directors, Head Freeride Coaches and coaches from all participating teams must attend. If necessary a conference call option will be provided for coaches more than 30 miles from the meeting. We prefer to have everyone present.

3. Coach Credential

Once a coach has shown proof of completion of the four (4) required items, he/she will be issued a TJFS Coach Credential which must be worn on the venue and during the event at all times.

4. Completion of the TJFS Coach Requirements allows:

- A. **Access to the venue** for all TJFS Regional, IFSA National and/or FWQ events that are produced by TJFS|Tahoe Freeride. Coaches will not be allowed on the venue without a TJFS Coach Credential.
- B. **Complimentary coach ticket** when/if coach tickets are provided by the mountain. Comp tickets will not be issued without a TJFS coach credential.



5. Coach Tickets Issued Per Team:

Two (2) complimentary coach tickets for 1-8 registered competitors. Three (3) complimentary coaches' tickets for 9-16 registered competitors. Four (4) complimentary coaches' tickets for 17-24 registered competitors, and so on.

VI TJFS Series Format

1. Competition Jury

The Competition Jury is composed of the event Technical Director, the event Head Judge, a minimum of (1) coach from TJFS Board of Directors and as many as 7 TJFS Board members. Decisions are made by a majority vote.

2. Age Groups

- A. The Division is based on the athlete's age as of January 1, 2019.
 - i. 12-14 Division: January 1, 2005 - December 31, 2007
 - ii. 15-18 Division: January 1, 2001 - December 31, 2004
- B. Athletes who are 19 YOA are not allowed to compete in the TJFS unless approved by the TJFS and they are in high school.
- C. Athletes who turn 15 after December 31, 2018 have the choice to compete in either age group, but once they compete in the older age group, they must stay with that older division for the remainder of the season.

3. Competition Format

- A. The 2019 Tahoe Junior Freeride Series will have four stops.
- B. Stop 1, Stop 2, and Stop 3 will be one run comps. Saturday will be a one run comp for the 12-14 divisions. Sunday will be a one run comp for the 15-18 divisions.
- C. Stop 4 will be the TJFS Championship event
 - i. Each athlete will have 2 runs over 3 days weather and conditions permitting.
 - ii. The division schedule will be posted at the time of event registration.
 - iii. The awards ceremony will be on Sunday.
 - iv. Event Awards will be awarded on Sunday
 - v. 2019 TJFS Overall Champions will be awarded on Sunday
- D. Weather and snow conditions will dictate if adjustments need to be made to the division schedule and/or the awards ceremonies. TJFS reserves the right to adjust the division schedule in order to give all competitors an opportunity to have a minimum number of finishes toward IFSA ranking.

4. Place Points and Championship

- A. Place Points will be awarded for each event
- B. Place Points will follow the IFSA regional points allocations. See the IFSA Series Document for the points table.



- C. The Championship event will be worth the same amount of points as Stop 1, Stop 2, Stop 3.
- D. TJFS Overall Champions will be determined by the total points from the best 3 of 4 finishes.
- E. In the instance of an event cancellation, the format will change to the best 2 of 3 finishes.
- F. TJFS Overall Champions will be the top three men and women from each category (see section VII, 11 for more information about awards).
- G. In the event of a tie for overall champion the tie will be broken by the category score in the following order: Control, Technique, Line, Fluidity, Style and Energy.
- H. The Championship event winners will be the skiers with highest cumulative score for the competition runs (i.e. both runs count).
- I. If an event is cancelled, overall champions will be determined by best 2 of 3 finishes rather than the original 3 of 4 best finishes.
- J. In the event of a tie, highest two-day average control score wins. If the competitors are still tied, continue to move through the judged categories in the following order: Control, Technique, Line, Fluidity, Style and Energy.

VII TJFS Competition Guidelines

1. Competition Meeting Schedule

- A. 8:15 Officials Meeting: TD, Event Coordinator, three judges, volunteer ninjas, starter
- B. 8:30 Coaches Meeting: At least one representative from each participating team must attend the coaches' meetings. The coaches' meeting is mandatory and is held prior to the morning inspection lift load and covers important inspection protocol and any newly implemented rules and/or closures regarding the competition venue. The coaches, jury and TD will meet each day.
- C. 8:45 Athlete Meeting: This meeting is mandatory for all athletes
- D. 9:15 Volunteer Meeting
- E. Meeting times are subject to change depending on weather and conditions

2. Competition Venue

- A. The Competition venue will be established and marked by the Technical Director and ski resort.
- B. In the event of bad weather and/or unsafe conditions, the host mountain and/or the Competition Jury can cancel the event at anytime. Head Coaches are responsible for contacting their athletes in the event of a cancellation.

3. Judging:

Please refer to the IFSA Handbook for Judging Rules

4. Competition Rules

- A. Please refer to the IFSA Handbook for Competition Rules



- B. Inverted aerials are not allowed in this series. All inverted jumps, including “Flat Spins” will result in a disqualification for the entire event.
- C. Skiing outside of defined venue boundaries or skiing closed-off features or areas will result in a 0 score DID-NOT-FINISH for that run, although still eligible to continue on in the competition.
- D. The Competition Jury reserves the right to CUT the field, by any percentage, OR to limit the event to ONE day for any or all age groups due to unforeseen limiting factors.

5. Inspection

- A. Please refer to the IFSA Handbook for Inspection Rules
- B. Athletes may only physically inspect the venue on the days they are competing.

6. Terrain Enhancement

See the IFSA Handbook for Terrain Enhancement Guidelines

7. Start Order and Start Times

- A. Start order will be determined by random draw for Stop 1, Stop 2 and Stop 3,.
- B. Start order for Stop 4: TJFS Championship will be random draw on day one. Day two will be in ranked order with the highest ranked athlete going last.
- C. Start times for the first run is 10:30 am unless the TD needs to adjust the time due to weather and conditions.. Start times are subject to change due to weather and conditions be prepared to be flexible with the event timing. The actual start time will be determined at the morning coaches’ meeting.
- D. It is the athlete’s responsibility to arrive on time for their assigned start. If an athlete misses their start list position by more than five riders, they must communicate their tardiness with the TD or event organizer and describe the circumstances preventing them from making their start time. If an athlete should miss their division entirely, they will earn a DNS. It is the decision of the TD/starter where to place the rider in the event in which they’ve missed their start. Repeated infractions of missing start times will result in a DNS or DQ score at the discretion of the Head Judge and/or TD (as written in the IFSA Handbook).

8. Disqualifications

- A. Please see the IFSA Handbook for a complete explanation of Disqualifications.
- B. Any violations of the TJFS code of conduct as found in the [2018-2019 TJFS Athlete Contract](#) will not be tolerated and could result in disqualification from the competition.
- C. DNF’s are on a per run basis and will result in single run score of -0- points, but an athlete is eligible to compete in their second run.
- D. DQ’s result in disqualifications for the entire event, and will not receive scores.
- E. In the unlikely event of a total disregard for the rules and/or spirit of fair



competition by a competitor, the Competition Jury reserves the Right to disqualify or deny entry to future runs and/or future events for said offender.

9. Results

Posting of official results requires the following steps.

- A. At the completion of the competition, the scorekeepers will prepare unofficial results for review.
- B. Judges review and then approve the results.
- C. After judges review of the official results, the results will be final.
- D. Scores are final when posted to the public.

10. Protests

- A. Protests against disqualifications and/or clerical errors must be made within 15 minutes after the posting of final results.
- B. Coaches can ask for verification of clerical accuracy only.
- C. No protests against actual scoring are allowed.
- D. Coaches and parents may not harass the judges about their decisions. In doing so, it is grounds for expulsion from attending the next competition.
- E. Under no circumstances may a competitor protest directly to the IFSA judges. All protests must be addressed to the Technical Director.

11. Awards

- A. A competition division must have 5 competitors before trophies will be awarded for 1st-3rd place. For a division with 1-4 competitors there will be a 1st place trophy.
- B. TJFS snowboard awards will be based on 12-18 Girls Snowboard, 12-14 Boys Snowboard and 15-18 Boys Snowboard.
- C. IFSA Snowboard points will be awarded for the appropriate IFSA division.
- D. Overall Championship Awards will be provided by the TJFS Membership Funds