



PSIA-RM Individual Development Pathway Alpine Skiing Standards

Updated 2024

| Alpine Skiing Fundamentals Relative to the Skills Concept | | | | | | | | | |
|---|---------------------------|--|--|--|---|-----------|--------------|------------------------------------|------------------|
| | Pressure Control | Control the relationship of the center of mass to the base of support to direct pressure along the length of the skis. (Fore/aft pressure) | | | | | | | |
| | Pressure Control | Control pressure from ski to ski and direct pressure toward the outside ski. (Ski to ski pressure) | | | | | | | |
| | Edge Control | Control edge angles through a combination of inclination and angulation. | | | | | | | |
| | Rotational Control | Control the skis' rotation with leg rotation, separate from the upper body. | | | | | | | |
| | Pressure Control | Regulate the magnitude of pressure created through ski/snow interaction. (Overall magnitude of pressure) | | | | | | | |
| Individual Fundamentals | | | | | | | | | |
| The following Assessment Activities are used to assess the adaptation and blending of the Technical Fundamentals as prescribed. Each activity highlights pressure-, rotational-, and edge-control skills and fundamentals. Competency in performing these Assessment Activities contributes to mastering the skills and fundamentals. Assessment Activities are described relative to ski and body performance and tactical requirements. | | | | | | | | | |
| LEVEL III | | | | | | | | | |
| LEVEL II | | Variations in Speed, Accuracy, and Environment may be asked at the discretion of the Examiner(s). | | | | | | | |
| LEVEL I | | Variations in Speed, Accuracy, and Environment may be asked at the discretion of the Examiner(s). | | | | | | | |
| <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 25%;"></th> <th style="width: 25%; text-align: center;">Sideslips</th> <th style="width: 25%; text-align: center;">Hockey Stops</th> <th style="width: 25%; text-align: center;">Linked Pivot Slips</th> <th style="width: 25%; text-align: center;">Linked Sideslips</th> </tr> </thead> </table> | | | | | | Sideslips | Hockey Stops | Linked Pivot Slips | Linked Sideslips |
| | Sideslips | Hockey Stops | Linked Pivot Slips | Linked Sideslips | | | | | |
| Individual Fundamentals | Ski Performance | -Skis slip sideways down the fall line -Edge angles are the same -Skis are parallel throughout sideslip -Uphill ski is ahead of downhill ski -Skis slip at a consistent rate | -Skis bend from center throughout assessment activity -Skis run flat in fall line -Skis rotate 90 degrees before engaging edges -Skis come to a complete stop while perpendicular to fall line | -From a sideslip, ski tips turn downhill as skis pivot 180° to sideslip in other direction. Repeat -Skis turn simultaneously at a consistent rate -Skis pivot under center of foot -Skis bend from the center | -Skis start in a straight run, then pivot 90° to a sideslip -Then, skis pivot 90° to a straight run -Then, skis pivot 90° to a sideslip in the other direction -Skis pivot under the foot and bend from the center | | | | |
| | Body Performance | -Stance exhibits leg rotation under stable upper body -Tipping movements come from feet and legs (angulation) | -Rotate legs at same time and rate separate from the upper body -Angulation supports edge control and lateral balance while the skis slow down and stop -Flex joints proportionately to keep center of mass over base of support | -Turn skis with leg rotation under stable upper body -Angulate to direct pressure towards the downhill foot while slipping | -Turn skis with leg rotation under stable upper body -Angulate to control pressure and edge angle of downhill ski while slipping | | | | |
| | Tactics | -Skis slip in fall line -Groomed blue terrain | -Groomed blue terrain | -Corridor is less than 1 cat track wide -Varying pitches on groomed terrain or bumps | -Corridor is less than 1 cat track wide -Groomed blue terrain | | | | |

| LEVEL III | | | | | |
|--------------------------------|-------------------------|--|--|--|---|
| LEVEL II | | | Variations in Speed, Accuracy, and Environment may be asked at the discretion of the Examiner(s). | | |
| LEVEL I | | Variations in Speed, Accuracy, and Environment may be asked at the discretion of the Examiner(s). | | | |
| | | <u>Guided Uphill Arc</u> | <u>Railroad Track Turns</u> | <u>Pivot Slip Leapers</u> | <u>Hop Turns</u> |
| Individual Fundamentals | Ski Performance | <ul style="list-style-type: none"> -Skis tip and turn at the same time to steer skis -Both skis progressively tip the same amount -Both skis turn progressively the same amount -Skis bend from center | <ul style="list-style-type: none"> -Tails follow tips to create carved ski performance -Link tracks in both directions -Skis stay the same distance apart -Skis flatten and edge at the same rate, time, and for same duration | <ul style="list-style-type: none"> -From a sideslip, edge angle increases, skis leave the snow, and rotate 90° down the hill -Skis land in fall line, pivot 90° in same direction, then slip sideways. Repeat other direction. -Skis slip at a constant rate after pivot and before leap -Both skis leave the snow and land at the same time | <ul style="list-style-type: none"> -Skis leave the ground and rotate at the same time -Skis are close to parallel through take off, rotation, and landing -Pivot point is under the foot -Skis leave edged tracks at the same angles in the snow |
| | Body Performance | <ul style="list-style-type: none"> -Leg rotation and tipping movements steer the ski to an arc -Tipping movements and angulation start with the lower body -Flex joints proportionately to keep center of mass over base of support -Legs rotate under a stable upper body | <ul style="list-style-type: none"> -Tipping movements and angulation start with the lower body -Tip legs at the same time and rate -Keep the center of mass over the base of support as you flex and extend | <ul style="list-style-type: none"> -For takeoff, upper body moves downhill and legs rotate to realign with upper body. Leg rotation continues after landing -Extend legs strongly and quickly to leap. Flex to control landing -Maintain stable upper body for takeoff/landing | <ul style="list-style-type: none"> -Time extension with edge release -Skis are turned in the air with counter rotation of the upper and lower body -Separate upper/lower body, flex, and weight outside ski to balance at finish phase -Use a blocking pole plant to stop upper body rotation |
| | Tactics | <ul style="list-style-type: none"> -Green to Blue terrain | <ul style="list-style-type: none"> -Corridor is fall line oriented, maximum 1 cat track wide -No pole touch is present -Green terrain | <ul style="list-style-type: none"> -Corridor is less than 1 cat track wide -Groomed blue terrain | <ul style="list-style-type: none"> -Groomed Green Terrain |

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| <u>Carved Up Hill Arc</u> | | <u>1000 Steps</u> | <u>White Pass Turn</u> | <u>Stem Christie</u> | |
| Individual Fundamentals | Ski Performance | <ul style="list-style-type: none"> -Ski tracks show arcs with two parallel carved lines in snow -Ski tip at same time and rate for same duration -Ski tip progressively -Ski bend from center -Manage edge angle to maintain a carved arc. | <ul style="list-style-type: none"> -Skis start perpendicular to fall line and step through a minimum of 2 turns -Inside ski lifts, rotates, and returns to snow in direction of turn creating a divergent step -Outside ski steps parallel to inside ski -Lifted ski is parallel to snow surface. Weighted ski bends from center. -Skis step until turn finish. Actions repeat in other direction | <ul style="list-style-type: none"> -Inside ski lifts in finish phase through initiation as it becomes the outside ski -Raised ski is relatively level to the snow -New outside ski returns to snow in shaping phase and bends from center -Only one ski is on the snow prior to edge change | <ul style="list-style-type: none"> New outside ski rotates, brushing the snow at an angle (stem) Old downhill ski retains inside edge as new outside ski stems Stemmed ski bends as new inside ski rotates, brushing the snow, creating a parallel relationship -Skis are parallel before the fall line -Both skis steer, leaving brushed tracks through turn completion |
| | Body Performance | <ul style="list-style-type: none"> -Tipping movements and angulation start with the lower body -Flex joints proportionately to keep center of mass over base of support | <ul style="list-style-type: none"> -Bend skis from center when on the snow -Flex and extend joints proportionately to balance over weighted foot. -Turn skis with leg rotation under stable upper body -Flex/extend legs independently to transfer weight from foot to foot | <ul style="list-style-type: none"> -Turn ski(s) at a consistent rate through all 3 turn phases -Direct pressure towards the outside ski starting in the shaping phase and remain balanced on the same ski through initiation with the unweighted ski lifted off the snow -In the shaping phase, extend the outside leg, place the ski on the snow, and angulate to direct pressure onto the outside ski. | <ul style="list-style-type: none"> -Tip feet and legs sequentially at initiation, and simultaneously after matching occurs Transfer weight to the outside foot (stemmed ski) to control the arc of the turn Tip and turn (steer) the inside leg to a parallel relationship before the fall line Start angulating in the shaping phase to aid balance toward the outside ski |
| | Tactics | <ul style="list-style-type: none"> -Groomed green to Blue terrain | <ul style="list-style-type: none"> -Groomed green to blue terrain | <ul style="list-style-type: none"> -Demonstration may be steered or carved depending on terrain and speed -Green to blue terrain | <ul style="list-style-type: none"> Skis maintain contact with snow at all times -Green or blue terrain |

LEVEL III

LEVEL II

Variations in Speed, Accuracy, and Environment may be asked at the discretion of the Examiner(s).

LEVEL I

Variations in Speed, Accuracy, and Environment may be asked at the discretion of the Examiner(s).

Step Turn into the Fall Line

Skating

Leapers

Crab Walk

Individual Fundamentals

Ski Performance

-Skis start perpendicular to fall line

-Downhill ski lifts, rotates, and returns to snow in a divergent step toward turn

-Uphill ski lifts, rotates, and returns to snow parallel to first ski

-Skis continue to step downhill until parallel in the fall line

-Lifted skis are parallel to the snow surface

-Skis continue in a skidded turn from the fallline through the finish phase of the turn to a stop.

-One ski glides on outside edge, then tips to inside edge to create a platform to move from

-Other (lifted) ski, returns to snow diverging from 1st ski with tails nearly crossing. 2nd ski glides on outside edge as 1st ski is lifted from the snow.

-Lifting and gliding repeat to propel the skier down the hill

-Skis diverge more when going slow and diverge less as speed increases

-Ski on snow bends from center

-Skis are edged at initiation, edge change occurs in the air

-Ski performance is as carved as possible given terrain, snow conditions, and turning radius of skis

-Skis turn from the center throughout the task

-Skis bend from center (when on snow)

-Straight run, ski lifted and extended away from body, turned slightly inward, and placed on edge in snow.

-Extended ski carves back under body

-Skis release and are flat beneath the CoM

-Base ski is relatively flat and travels down the fall line

-Both skis bend from the center

Body Performance

-Flex/extend legs independently to transfer weight from foot to foot

-Turn skis with leg rotation under stable upper body

-Flex joints proportionately to keep center of mass over base of support

-Bend skis from center when on the snow

-From fall line to finish, ankles have equal forward angles creating a basic parallel position.

-Extend and move forward off inside edge to transfer weight to new gliding ski dynamically

Return unweighted foot alongside and diverging from the weighted foot

-Flex joints while on new gliding ski to prepare for extension at weight transfer

-Time extension with forces that build at completion and change edges in the air

-Flex upon landing to manage forces

-Shape turn by tipping feet and lower legs at same rate and time

-Angulate to direct pressure toward outside foot

-Rotate legs at a consistent rate under a stable upper body throughout turn

-Move from a low stance with ankles, knees, hips/spine flexed

-Lengthen extended leg to achieve highest edge angle

-Transfer sufficient weight to extended ski to bend the edged ski

-Flex extended leg to flatten ski as it carves towards base ski

-CM tracks about 1 meter sideways (may be adjusted to accommodate assessment activity)

Tactics

-Gentle green terrain

-Tempo from outside edge to inside edge, and ski to ski is consistent

-Cat track, beginner slope, or similar

-Blue terrain

-Corridor is approximately one cat track wide

-Green terrain

| LEVEL III | | | | | |
|--------------------------------|-------------------------|--|--|---|---|
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| <u>Outside Ski J-Turn</u> | | <u>Outside Ski Turn</u> | | <u>Javelin Turns</u> | |
| Individual Fundamentals | Ski Performance | -Skis slide straight down the fall line -Skis turn at same time and rate -Skis continue to turn until they come to a stop -After turning begins, inside ski tip is on the snow and tail is raised off snow | -Inside ski tip is on the snow and tail is raised off the snow from mid-initiation through mid-finish phases -Outside ski bends through all turn phases -Outside ski leaves brushed track in snow | -New inside ski is off snow prior to edge change and through all turn phases -Inside ski is approximately parallel to snow surface -Outside ski bends through all turn phases -Outside ski leaves brushed track in snow | -Forebody of outside ski steers under forebody of lifted ski and skis stay crossed until turn finish -Inside ski sets down parallel to outside ski, and becomes new outside ski -Outside ski leaves brushed track in the snow -Angle of crossed skis is maintained from shaping through finish phase of turn |
| | Body Performance | -Steer legs under a stable upper body to turn -Flex the inside leg to lift the inside tail and direct pressure towards the outside ski -Flex joints progressively to keep center of mass over base of support -Tipping and angulation start with the lower body | -Flex leg to raise tail of inside ski during initiation phase and return ski to snow during finish phase -Angulate to control edge angle with outside foot/leg -Flex or extend to maintain fore/aft balance -Rotate legs and tip ski(s) under a stable upper body | -Upper/lower body separation helps maintain balance on outside ski as legs rotate under stable upper body -Flex inside leg to lift ski off the snow -Flex or extend progressively to maintain fore/aft balance Rotate legs and edge ski(s) under a stable upper body | -Throughout the turn, rotate outside leg at a consistent rate under a stable upper body -Align lifted inside leg with the direction of the upper body, creating countered position -Angulate to allow for edge control throughout the turn -Exhibit upper/lower body separation through end of shaping and finish phases |
| | Tactics | -Gentle green terrain | -Gentle green to low angle blue terrain | -Gentle green to low angle blue terrain | -Control speed through turn shape -Green or easy blue terrain |

LEVEL III

LEVEL II

LEVEL I

Variations in Speed, Accuracy, and Environment may be asked at the discretion of the Examiner(s).

Variations in Speed, Accuracy, and Environment may be asked at the discretion of the Examiner(s).

| | | LEVEL III | |
|--------------------------------|-------------------------|--|---|
| | | LEVEL II | Variations in Speed, Accuracy, and Environment may be asked at the discretion of the Examiner(s). |
| | | LEVEL I | Variations in Speed, Accuracy, and Environment may be asked at the discretion of the Examiner(s). |
| Individual Fundamentals | Ski Performance | <p><u>Straight Run in the Fall Line</u></p> <ul style="list-style-type: none"> -Skis start and remain parallel -Skis remain flat, edges unengaged -Skis bend near center and the same amount | <p><u>Reverse Javelin Turn</u></p> <ul style="list-style-type: none"> -Prior to edge change, upcoming outside is weighted as new inside ski comes off the snow -At initiation, tail of inside ski crosses above tail of outside ski -Inside ski points towards the apex of the turn -Outside ski steers towards the fall line until the skis are parallel in the shaping phase -Inside ski returns to snow just after fall line -Both skis are on snow through finish phase |
| | Body Performance | <ul style="list-style-type: none"> -Flex joints proportionately to keep center of mass over base of support -Maintain consistent width between feet -Divide weight evenly between feet -Maintain legs and upper body pointed in the direction the skis are sliding | <ul style="list-style-type: none"> -Lift inside leg and align it to face the direction of the upper body towards the apex of the turn -Match outside ski parallel to inside ski in shaping phase and lower outside ski to snow -Steer leg(s) under a stable upper body throughout the turn -Angulate to control edge angle with outside foot/leg |
| | Tactics | <ul style="list-style-type: none"> -Easiest green groomed terrain | <ul style="list-style-type: none"> -Turn shape controls speed -Green or easy blue terrain |

Integrating Fundamentals

The following assessment activities are used to assess the integration of fundamentals through all turn phases to achieve the prescribed ski performance. They are all performed in a medium radius turn, with consistent turn sizes and turn shapes that are symmetrical above and below the fall line, to maintain consistent speed. In addition to the descriptions below, the following "Common Threads" are observed: 1. Both skis stay on the snow, 2. The ankles work in unison creating matching forward angles, 3. The skis are simultaneously guided to begin the turn, 4. A countered relationship is maintained through the transition between turns, 5. The legs flex and extend independently of each other to move the Center of Mass from turn to turn, 6. Torso stability supports lower body mobility and movement.

LEVEL III

LEVEL II

LEVEL I

| | | <u>Wedge Turn</u> | <u>Wedge Christie</u> | <u>Basic Parallel</u> | <u>Dynamic Parallel Turns</u> |
|---------------------------------|---|---|---|---|--|
| | | | | Range of Ski Track Width  | Range of Ski Track Width  |
| Integrating Fundamentals | Ski Performance | <ul style="list-style-type: none"> -Skis maintain a consistent wedge shape, with tips together and tails apart on converging edges. -Skis maintain a consistent wedge size -Skis turn at the same rate throughout the turn -Both skis steer into the fall line as the inside edge flattens and outside edge increases -Skis bend from center | <ul style="list-style-type: none"> -At initiation, edges of parallel skis release (flatten) and open to a small wedge -Both tips steer down the hill at the initiation as the wedge is created -The outside ski turns faster in the initiation as the wedge is created -From fall line, the inside ski turns faster and until it matches the outside ski to create a christie turn -Skis bend from center | <ul style="list-style-type: none"> -Skis maintain a parallel relationship the same distance apart -Skis tip and turn at same time and rate -Both skis tip similar amount throughout turn -Skis bend from center | <ul style="list-style-type: none"> -Skis change edges simultaneously at initiation -Skis travel forward through the arc of the turn -Skis edge and bend most in shaping and finish phases -Pressure from the snow turns the skis from the shaping to finish phase -Both skis tip similar amount throughout turn |
| | Body Performance | <ul style="list-style-type: none"> -Turn legs inward to create narrow wedge, maintain consistent width -Center of Mass stays in between feet all of the time, moving laterally toward the inside of the turn. | <ul style="list-style-type: none"> -Allow turn forces to transfer more weight to the outside ski through the shaping phase -Steer lighter inside ski to match the outside ski and create a christie turn -The Center of Mass is in between the feet like a wedge turn for the wedge portion of the turn. The Center of Mass moves farther to the inside of the turn during the shaping phase like a parallel turn to promote the christie portion of the turn. | <ul style="list-style-type: none"> -Tipping movements and angulation start with the legs and are at the same rate and time -Center of Mass crosses from the inside one turn to the next in the transition. | <ul style="list-style-type: none"> -Transfer weight early, tip feet and lower legs, and direct pressure towards the new outside ski -Direct the upper body towards the apex of upcoming turn -Center of Mass crosses from the inside one turn to the next in the transition. |
| Tactics | <ul style="list-style-type: none"> -No pole plant -Control speed through turn shape -Green terrain | <ul style="list-style-type: none"> -No pole plant -Control speed through turn shape -Green Terrain | <ul style="list-style-type: none"> -Pole touch corresponds with edge change -Control speed through turn shape -Green or blue terrain | <ul style="list-style-type: none"> -Pole touch corresponds with edge change -Control speed through turn shape -Groomed blue terrain | |

| | | | |
|--|--|---|--|
| <p>Range of Relative Skiing Speed</p>  | <p>Range of Relative Skiing Speed</p>  | <p>Range of Relative Skiing Speed</p>  | <p>Range of Relative Skiing Speed</p>  |
|--|--|---|--|

Varying Turn Shape, Size, and Line

The following assessment activities are used to assess the ability to vary turn shape, turn size, and line as needed or prescribed. They require the ability to adapt to terrain challenges and increased speed. Each assessment activity requires tactical solutions to blend pressure, rotational, and edge-control skills and fundamentals effectively for different outcomes. Candidates must consider the implications of duration, intensity, rate, and timing of movements to achieve their desired outcomes.

LEVEL III

LEVEL II

Variations in Speed, Accuracy, and Environment may be asked at the discretion of the Examiner(s).

LEVEL I

Variations in Speed, Accuracy, and Environment may be asked at the discretion of the Examiner(s).

Parallel Skiing on Groomed Terrain

Dynamic Short Radius

Carved Large Radius Turns

Performnce Short Radius

Varying Turn Shape, Size, and Line

Ski Performance

-Parallel skis leave round, brushed tracks of consistent width
-Skis tip and turn at same time and rate in most turns
-Width of skis stays consistent
-Both skis steer towards the fall line at the same rate and time in most turns

-Parallel skis turn in a short radius leaving round, carved, carved in phases, or narrow brushed tracks
-Skis change edges simultaneously at initiation
-Skis travel forward through the arc of the turn
-Skis edge and bend most in shaping phase
-Both skis tip similar amount throughout turn

-Parallel skis turn in a medium radius leaving round, carved tracks
-Edged skis are bowed, creating arcs with no to very minimal sideways travel
-Skis travel forward through the arc of the turn
-Skis edge and bend most in shaping phase
-Both skis tip similar amount throughout turn

-Ski performance is as carved as possible given terrain, snow conditions, and turning radius of skis
-Skis travel primarily forward through the arc of the turn
-Skis change edges before turning
-Skis are parallel with similar edge angles
-Both skis bend most in shaping phase

Body Performance

-Turning comes from the legs and not the upper body
-Flex/extend joints and adjust fore/aft to stay in balance
-Direct more pressure towards the outside ski

-Transfer weight early, engage edges, and direct pressure towards the new outside ski
-Orient the upper body down the hill
-Rotate legs under stable upper body
-Subtle fore/aft adjustments maintain balance

-Transfer weight early, tip feet and lower legs, and direct pressure towards the new outside ski
-Orient the upper body towards the apex of upcoming turn
-Subtle fore/aft adjustments keeps center of mass balanced over base of support
-Legs rotate under stable upper body

-Transfer weight early, tip feet and lower legs, and direct pressure towards the new outside ski
-Orient the upper body down the fall line
-Match the inside ski with the actions of the outside ski
-Legs rotate under stable upper body

Tactics

-Pole touch corresponds with edge change
-Control speed with turn shape
-Groomed green to blue Terrain

-Pole touch corresponds with edge change
-Corridor is approximately one snowcat track wide
-Groomed blue terrain
-Link turns of consistent size and speed

-Pole touch corresponds with edge change
-Link turns of consistent speed and size (3 snowcat tracks wide)
-Groomed blue to black terrain

-Pole touch corresponds with edge change
-Link completed turns of consistent rhythm and size (not more than 1 snowcat track wide)
-Groomed blue to black terrain

| | | LEVEL III | | | |
|------------------------------------|------------------|---|---|---|---|
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| | | Skiing Variable Terrain | Skiing Variable Terrain | Skiing Variable Terrain | Large Radius Bumps |
| Varying Turn Shape, Size, and Line | Ski Performance | <ul style="list-style-type: none"> -Skis make round, linked turns that flow smoothly at a controlled speed in most turns -Skis steer (edge and rotate) at same time and rate in most turns -Skis bend from center in majority of turns -Skis maintain contact with the snow | <ul style="list-style-type: none"> -Parallel Skis make different sized, linked turns that flow smoothly over varied terrain -Skis steer through turn, or may be carved in phases -Skis bend and turn from center in majority of turns -Skis edge simultaneously commensurate with terrain -Skis maintain contact with the snow when appropriate | <ul style="list-style-type: none"> -Parallel skis make different sized, linked turns that flow with speed, smoothly over varied terrain -Skis steer through turn, or carve in phases -Skis bend, edge, and turn to match terrain variations -Skis edge simultaneously commensurate with terrain -Skis maintain contact with the snow when appropriate | <ul style="list-style-type: none"> -Skis turn in large-radius linked turns, over, against, and around bumps -Skis bend from center as much as possible, but will vary with ski/snow contact in abrupt terrain -Skis edge/flatten at same times although edge angles may vary due to terrain -Skis turn at same time and rate -Skis maintain contact with snow wherever possible |
| | Body Performance | <ul style="list-style-type: none"> -Steer skis in round-shaped, linked turns, leaving brushed tracks -Turns are completed across the fall line to control speed -Flex (absorb) and extend to promote ski/snow contact and smooth skiing -Adjust fore/aft stance to maintain balance -Direct pressure towards the outside ski | <ul style="list-style-type: none"> -Vary turn size and flex (absorb) and extend to promote ski/snow contact over uneven terrain -Adjust fore/aft stance to maintain balance -Turning movements are progressive, appropriate to the terrain -Rotate legs and edge skis from the lower body, separate from and under a stable upper body -Skis maintain contact with snow unless deliberate jump | <ul style="list-style-type: none"> -Maintain relatively level upper body as legs & spine flex to absorb terrain and extend to maintain ski/snow contact -Vary intensity, rate, timing, and duration of skills to vary turn size and adjust to terrain/conditions -When absorbing terrain/pressure at turn initiation, body flexion flattens skis to facilitate turning -Flexion/extension movements enhance turn shape and help regulate pressure magnitude -Rotate legs and tip feet from the lower body, separate from and under a stable upper body | <ul style="list-style-type: none"> -Turn feet/legs simultaneously. Engage edges to shape turns to match terrain -At initiation, upper body is oriented towards apex of turn -Maintain relatively level upper body as legs & spine flex to absorb terrain and extend to maintain ski/snow contact -Maintain upper/lower body separation to assist in edge and rotational control to promote dynamic balance -Adjust fore/aft stance to maintain balance |
| | Tactics | <ul style="list-style-type: none"> -Pole plant is present and supports stability of the torso -Control speed through turn shape -May be small bumps or irregular snow surface -Green terrain | <ul style="list-style-type: none"> -Pole plant is present and supports stability of the torso -Speed down the hill may vary, but does not get out of control -Ungroomed blue terrain | <ul style="list-style-type: none"> -Pole plant is present and supports stability of the torso -Speed down the hill may vary, but does not get out of control -Turn shape and line control speed -Ungroomed black or double black terrain | <ul style="list-style-type: none"> -Distance across the fall line is similar for all turns - Pole swing aids in timing of Center of Mass movement forward and across Base of Support in transition of turns -Turn size and shape will vary based on conditions and demands of terrain. -Blue-Black to Black, moderately formed bumps. |

| | | LEVEL III | | |
|------------------------------------|------------------|---|---|---|
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| | | Skiing Bumps | Performance Bumps | Short Radius Basic Parallel in Bumps |
| Varying Turn Shape, Size, and Line | Ski Performance | <ul style="list-style-type: none"> -Skis turn in short-radius turns over, against, and around bumps, close to the fall line -Skis turn at same time and rate in as round a line as possible -Skis maintain contact with the snow -Skis bend from center as much as possible, but will vary with ski/snow contact in abrupt terrain -Skis edge/flatten at same times although edge angles may vary due to terrain | <ul style="list-style-type: none"> -Skis turn in short-radius turns over, against, and around bumps, close to the fall line -Skis maintain contact with snow wherever possible -Skis turn at same time and rate -Skis bend from center as much as possible, but will vary with ski/snow contact in abrupt terrain -Skis edge/flatten at same times although edge angles may vary due to terrain | <ul style="list-style-type: none"> -Skis steer (tip and turn at same time) leaving round, brushed tracks -Turn radius is short, and speed is slow -Skis leave brushed, round tracks -Skis remain in contact with snow |
| | Body Performance | <ul style="list-style-type: none"> -Turn feet/legs simultaneously. Engage edges to shape turns to match terrain -Use pole plant to stabilize and keep upper body facing downhill, enabling leg rotation -Maintain relatively level upper body as legs/spine flex to absorb terrain and extend to maintain ski/snow contact -Skis maintain contact with the snow | <ul style="list-style-type: none"> -Turn feet/legs simultaneously. Engage edges to shape turns to match terrain -Use pole plant to stabilize and keep upper body facing downhill, enabling leg rotation -Vary the D.I.R.T. of rotation and edging movements -Flexion/extension movements enhance turn shape and help regulate pressure magnitude -Angulate to direct pressure toward outside foot -Adjust fore/aft stance to maintain balance | <ul style="list-style-type: none"> -Rotate and tip legs to shape turns. Finish turns with upper/lower body separation -Angulate to direct pressure towards the outside foot -Flex and extend to maintain fore/aft balance |
| | Tactics | <ul style="list-style-type: none"> -Look ahead to choose a smooth line over, against, and around bumps, close to the fall line -Pole plant provides timing and stability -Turn shape and line control speed - Blue Bumps | <ul style="list-style-type: none"> -Skier's line may vary slightly due to abrupt terrain -Pole plant provides timing and stability -Turn shape and line controls speed -Black or double black bumps | <ul style="list-style-type: none"> -Pole plant complements body movement and ski action -Line choice promotes linked short turns at slow speed -Round bumps, pitch may vary |

| | | LEVEL III | | | |
|------------------------------------|------------------|-----------|--|--|--|
| | | LEVEL II | | Variations in Speed, Accuracy, and Environment may be asked at the discretion of the Examiner(s) | |
| | | LEVEL I | Variations in Speed, Accuracy, and Environment may be asked at the discretion of the Examiner(s). | | |
| | | | Lane Change | Performance Medium Radius Turns | |
| Varying Turn Shape, Size, and Line | Ski Performance | | <ul style="list-style-type: none"> -Skis scribe a series of 3 short radius turns, then travel across the hill and scribe 3 short turns in a new lane. Repeat. -Skis scribe short radius turns in the fall line. -Turns are round and linked with smooth transition to new lane -Skis steer through turns, or carve through phases of turns | <ul style="list-style-type: none"> -Parallel skis turn in a medium radius leaving round, carved or narrow brushed tracks -Skis change edges simultaneously at initiation -Skis travel forward through the arc of the turn -Skis edge and bend most in shaping phase -Both skis tip similar amount throughout turn | |
| | Body Performance | | <ul style="list-style-type: none"> -Adjust degree of counter to coincide with the radius of upcoming turns -Rotate legs under a stable upper body -Flex ankles, knees, hips/spine to manage pressure in first turn of series -Tip legs at the same rate and time | <ul style="list-style-type: none"> -Transfer weight early, tip feet and lower legs, and direct pressure towards the new outside ski -Direct the upper body towards the apex of upcoming turn -Subtle fore/aft adjustments keeps center of mass balanced over base of support -Legs rotate under stable upper body | |
| | Tactics | | <ul style="list-style-type: none"> -Rhythm of short turns and speed are consistent -Blue terrain | <ul style="list-style-type: none"> -Pole touch corresponds with edge change -Link turns of consistent size and speed -Groomed blue terrain | |